



# INTERNATIONAL AYURVEDA CONGRESS

**Ayurveda – The Pursuit of Health, Happiness and Long Life  
Through Prevention-Oriented Health Care**

**Time-Tested, Scientifically Verified Solutions  
For the Health Problems of Our Time**



**1 – 2 April 2017, London**

**[www.InternationalAyurvedaCongress.com](http://www.InternationalAyurvedaCongress.com)**

## Organizers



All India Ayurvedic  
Congress (AIAC)  
New Delhi, India  
[www.ayurvediccongress.com](http://www.ayurvediccongress.com)



**Maharishi  
AyurVeda**  
International Maharishi  
AyurVeda Foundation (IMAVF)  
Vlodrop, The Netherlands  
[www.imavf.org](http://www.imavf.org)



International Academy  
of Ayurveda (IAA)  
Pune, India  
[www.ayurved-int.com](http://www.ayurved-int.com)

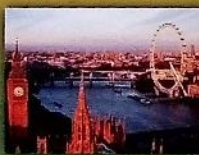




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1 – 3 April, 2017  
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## Congress Guide

[www.InternationalAyurvedaCongress.com](http://www.InternationalAyurvedaCongress.com)

## Organizers:



All India Ayurvedic  
Congress (AIAC)  
New Delhi, India  
[www.ayurvediccongress.com](http://www.ayurvediccongress.com)



International Maharishi  
AyurVeda Foundation (IMAVF)  
Vlodrop, The Netherlands  
[www.imavf.org](http://www.imavf.org)



International Academy  
of Ayurveda (IAA)  
Pune, India  
[www.ayurved-int.com](http://www.ayurved-int.com)

## Affiliated Organisations:



Brighton, UK  
[www.apa.uk.com](http://www.apa.uk.com)



North Harrow, UK  
[www.britayurpractitioners.com](http://www.britayurpractitioners.com)



London, UK  
All-Party Parliamentary Group  
on Indian Traditional Sciences



European Academy  
of Ayurveda

Birstein, Germany  
[www.ayurveda-akademie.org](http://www.ayurveda-akademie.org)



european  
ayurveda  
association

Bell, Germany  
[www.euroayurveda.eu](http://www.euroayurveda.eu)



European Professional  
Association of Ayurveda  
Practitioners and Therapists

Nassenfels, Germany  
[www.ayurveda-verband.eu](http://www.ayurveda-verband.eu)



DEUTSCHE GESELLSCHAFT  
FÜR AYURVEDA

Berlin, Germany  
[www.ayurveda.de](http://www.ayurveda.de)



Berlin, Germany  
[www.daegam.de](http://www.daegam.de)



Schweizerischer Verband für Maharishi Ayurveda  
Association suisse de l'Ayurveda Maharishi  
Associazione svizzera di Ayurveda Maharishi

Seelisberg, Switzerland  
[www.ayurveda-verband.ch](http://www.ayurveda-verband.ch)

## Sponsors:

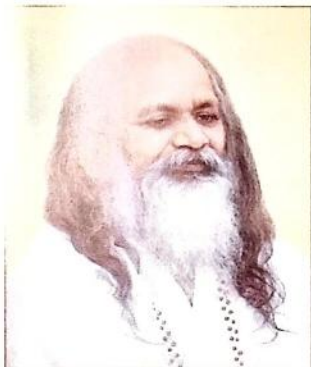


amla  
NATUR GMBH

**Ayurveda**  
Journal für ein gesünderes Leben

**MAHARISHI AYURVEDA**  
HEALTH CENTRE BAD EMS  
Since 1982





### Dedicated to

His Holiness Maharishi Mahesh Yogi, who revived AyurVeda by connecting it with its origin in the Veda – the totality of natural law, the unified wholeness of life at the basis of all manifest creation. He established AyurVeda, as the science of life, as a holistic, scientific system of natural health care for the prevention and cure of disease, the preservation of health, and the promotion of longevity and happiness.

Along with leading Vaidyas of India Maharishi developed a World Plan for Perfect Health — a comprehensive, universally applicable, economically self-sufficient programme of health care based on the principles of AyurVeda.

Maharishi's initiatives over 50 years have been fundamental to the worldwide upsurge of interest in and enthusiasm for AyurVeda that we see today.

**Time-Tested, Scientifically Verified Solutions  
for the Health Problems of Our Time**

## **Second International Ayurveda Congress**

### **Ayurveda – The Pursuit of Health, Happiness and Long Life Through Prevention Oriented Health Care**

**1 – 3 April 2017, London**

*All India Ayurvedic Congress, New Delhi; International Academy of Ayurved, Pune and International Maharishi AyurVeda Foundation, The Netherlands extends a warm invitation to all health professionals, Ayurvedic scholars, and researchers from India and around the world to participate at this Second International Ayurveda Congress to be held in London.*

Internationally renowned scholars will be keynote speakers at the congress and will present scientifically verified solutions to showcase the effectiveness of Ayurveda towards fulfilling the human pursuit of health, happiness and long life.

The International Ayurveda Congress offers a prestigious platform for research scholars to present their findings in various fields of Ayurveda. The latest innovative and pioneering work will be presented in this congress.

### **Supported by the Ministry of AYUSH**



It is a pleasure to announce that the Minister of AYUSH of the Government of India, His Excellency, Minister Shripad Yesso Naik, will attend the Congress along with a high level delegation from the Ministry.





## PATRON



Prof. Tony Nader, MD, PhD

Patron of the Congress

Prof. Tony Nader, MD, PhD received his M.D. degree from the American University of Beirut. His Ph.D. is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), and he completed post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.

Prof. Nader has written two ground-breaking books: *Human Physiology: Expression of Veda and the Vedic Literature* and *Ramayan in Human Physiology*. In his latest book *Dr. Nader's scientific analysis finds the ancient epic of the Ramayan (from the Itihas aspect of the Vedic Literature) to be a precise scientific description of how our body functions and evolves.*

*"We are delighted that this special Congress is bringing so many leading experts in Ayurveda to London, and all of us are most honoured that we will be joined by India's Minister for AYUSH, His Excellency, Shripad Yesso Naik.*

*"Our principal aim is to bring Ayurveda into more widespread use worldwide, and to ease the pressure in modern health systems by adding a focus on the effective prevention of imbalance and disease."*

*– Prof. Tony Nader, MD, PhD, MARR*



# INTERNATIONAL AYURVEDA CONGRESS 2017 - LONDON

The theme of the **Second International Ayurveda Congress is Ayurveda – the Pursuit of Health, Happiness and Long Life through Prevention-Oriented Health Care.** By demonstrating that Ayurveda is holistic, authentic, and reliable, the Congress will offer a cost-effective and easy-to-implement system of natural health care, which is prevention-oriented and promotes both individual and collective health. Ayurveda, in fact, offers the ideal solution to the current crises in modern health care systems that are based solely on western medicine. It has the potential to create self-sufficiency in health care for all nations and ultimately a disease-free society.

The Congress has attracted more than 80 leading speakers – experts and researchers in the various fields of Ayurveda. We are delighted that The Honourable Shripad Yesso Naik, the Minister of AYUSH (natural health care) of the Government of India, will be attending together with a high-level delegation from his Ministry.

The Prime Minister of India, Shri Narendra Modi, has inspired and encouraged Ayurveda experts and academicians in India and the world to spread the highest quality of the knowledge, practice and products of Ayurveda world-wide. Prime Minister Modi's continued support to include Ayurveda in the ties of India with other countries has been appreciated by all.

The first International Ayurveda Congress held in Roermond, the Netherlands, in 2015, marked the close collaboration of three prominent organisations: the All India Ayurvedic Congress, the official organisation

representing 300,000 Ayurvedic practitioners, which is represented at the Congress by its President, Padma Bhushan Vaidya Devendra Triguna; the International Academy of Ayurveda based in Pune, India, chaired by Professor Dr Subhash Ranade, a leading academic and author of 127 books on Ayurveda and Yoga; and the International Maharishi AyurVeda Foundation led by Dr Rainer Picha, senior cardiologist from Austria and world expert in the consciousness-based approach to Ayurveda brought to light by Maharishi Mahesh Yogi.

The London Congress will build on this collaboration to offer a forum for researchers to present their latest innovative work in the various fields of Ayurveda, and for policy makers to review possibilities for the introduction of Ayurveda in the health care system of all countries, including the UK. We are pleased to have the participation and support of the UK's All Party Parliamentary Group on Indian Traditional Sciences.

The structure of the Congress will involve both plenary sessions for all delegates and parallel sessions that will focus on specific applications of Ayurveda, including brain health, cardiovascular health, youthfulness and longevity, genetics and epigenetics, skin health, women's health, nutrition, digestion and lifestyle.

On the same two days as the Congress and at the same location there will also be a public Ayurveda health fair at which exhibitors will present the key modalities, treatments and products of Ayurveda. This will include 14 public talks by world experts introducing the holistic, natural approach of Ayurveda to the prevention and cure of disease and the promotion of longevity.

We warmly welcome everyone to come and join the International Ayurveda Congress and/or visit the Ayurveda health fair.

## PRESIDENTS



**Padma Bhushan Vaidya**  
Devendra Triguna  
President, AIAC



**Prof. Dr. Subhash Ranade**  
Chairman, IAA



**Dr. Rainer Picha**  
Chairman, IMAVF

## VICE-PRESIDENTS



**Dr. Walter Mölk**  
Director, IMAVF



**Lothar Pirc**  
Director, IMAVF



**Dr. Girish Momaya**  
Director, IMAVF



**Dr. Karin Pirc**  
Medical Director, Maharishi  
Ayurveda Health Centre Bad Ems



**Dr. Sunanda Ranade**  
Vice Chairman, IAA



**Vaidyaraj Sunil B. Patil**  
Founder-President,  
Vanoushadhi Vidhyapeeth

## CONGRESS MODERATORS



**Dr. Peter Warburton**  
Chief Executive  
Maharishi Foundation UK



**Lothar Pirc**  
Director, IMAVF

## SECRETARIES



**Silvia Hawkins**  
Secretary, IMAVF



**Dr. Gunvant Yeola**  
Secretary, IAVC



**Richard Johnson**  
Congress Organiser



## Saturday, April 1

## Location / Time Speaker / Event

## Cremant Suite Plenary Session

## 9.00 - 9.15 am Welcome and opening remarks

9.15 - 9.30 am Tony Nader, MD, PhD, MARR  
(Patron of the Congress)

9.30 - 9.45 am AYUSH Minister - H. E. Shri Shripad Yesso Naik

9.45 - 10.00 am High Commissioner of India - H. E. Mr. Y. K. Sinha

10.00 - 10.15 am All Party Parliamentary Group on Indian Traditional  
Sciences - Amarjeet-Singh Bhamra

10.15 - 10.30 am Padmabhushan Vaidya Devendra Triguna, India

10.30 - 10.45 am Prof. Dr. Subhash Ranade, India

10.45 - 11.00 am Dr. med. Rainer Picha, Austria

## 11.00 - 11.15 am Tea Break

## Cremant Suite Plenary Session

11.15 - 11.30 am Maharishi's Contribution to the Rise of Ayurveda in  
the World - A video presentation

11.30 - 11.45 am Dr. Walter Molk, Austria

11.45 - 12.00 noon Prof. Padma Shri Ram Harsh Singh, India

12.00 - 12.15 pm Padma Shri Prof. Anant Darshan Shankar, India

12.15 - 12.30 pm Prof. Padma Bhushan Shri B. M. Hegde, India

## 12.30 - 12.45 pm Panel discussion

## 12.45 - 1.45 pm Lunch break

## Cremant Suite Plenary Session

1.45 - 2.00 pm John Hagelin, PhD (Harvard), USA

2.00 - 2.15 pm Dr. Fred Travis, USA

2.15 - 2.30 pm Prof. Bhushan Patwardhan, PhD, FAMS, India

2.30 - 2.45 pm Mark Rosenberg, Germany

2.45 - 3.00 pm Dr. med. Harsha Gramminger, Germany

## 3.00 - 3.10 pm Panel discussion

3.15 - 4.30 pm Parallel Session  
Presentations and DiscussionsCremant Suite Parallel Session  
3.15 - 4.30 pm

6 speakers x  
12 minutes

AYUSH 1

Dr. Rohit Sane, India

Dr. Donn Brennan, Ireland

Ram Shrivastava, India

Dr. Anurag Shrivastava, India

Dr. Anil Patil, India

Hall 2  
3.15 - 4.30 pm Parallel Session

6 speakers x  
12 minutes

Dr. Sanchit Mishra, India

Dr. Pooja Sabhrawal, India

Dr. Chandar Shekhar Kaushik, India

Prof. Stefan Lagrosen, Linnaeus University, Sweden

Associate Prof. Yvonne Lagrosen, University West,  
Sweden

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## Title of speech

*Consciousness - The Foundation of Health, Happiness, and  
Long Life*

*Ayurveda - The Prevention Oriented Health Care*

*Ayurveda Propagation Worldwide*

*A Disease-Free Society - Is it Possible?*

## Theme: Ayurveda Education

*Ayurveda, a Foundation for Integrative Medicine*

*Shifting Paradigms of Ayurvedic Education in Global  
Perspective*

*Structure and logic underlying the Ayurvedic knowledge  
system*

*How might Ayurveda help modern medicine to make sickness  
care reasonable?*

## Theme continues: Ayurveda Education

*Maharishi Vedic Medicine is ultra-modern, cutting-edge  
medicine - Unified Field Based Medicine*

*Drivers of Development to Optimize Brain Maturation*

*Integrative Approaches For The Future: Ayurveda, Genomics  
and Epigenetics*

*The Future of Ayurveda Education in Europe*

*Cost and Health Benefits from Integrating New Age Ayurveda  
into European Health Systems*

Short presentations of research papers followed by  
general discussion on the theme between panelists  
and audience

*Hridroga and Ayurved Management*

*Can Ayurveda save the NHS?*

*Maharishi AyurVeda - Sustainable Practices and Differentiators*

*The Futuristic Medicine - Sanyukta Upchar Padhati*

Theme 1: Youthfulness and Longevity / Genetics and  
Epigenetics

*Epistemological differences between Ayurveda and Modern  
Sciences: a much needed study*

*Cancer and epigenetics interrelationship in prevention and cure*

*Epigenetics and ayurvedic embryology*

*The Transcendental Meditation technique and workplace  
health promotion - review of research and conceptual  
analysis*

*Ayurveda for workplace health - a qualitative study*

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Saturday, April 1

**Hall 3**  
**3.15 - 4.30 pm**

6 speakers x  
12 minutes

**Parallel Session**

- Dr. Mahesh Birla, India
- Dr. Vijay Potdar, India
- Dr. Ambika Prasad Nayak, India
- Dr. Madhu Pandey, India
- Dr. C.B. Singh, India
- Dr. Midori Shoji, Japan

**Hall 4**  
**3.15 - 4.30 pm**

6 speakers x  
12 minutes

**Parallel Session**

- Dr. Pavitra Saran, India
- Geetanjali Ranade, India
- Dr. Priyanka Ganpat Chorge, India
- Dr. Sarvapreet Singh, India
- Dr. Badekila Sathyanarayana, India

**4.30 - 5.00 pm Tea Break, Exhibition and Poster Presentations**

**Cremant Suite Plenary Session**

- 5.00 - 5.15 pm Renee Mann, UK
- 5.15 - 5.30 pm Dr. Indira Anand, PhD, B.A.Hons Ayurvedic Medicine, UK
- 5.30 - 5.45 pm Palitha Serasinghe, D.A.M.S., PGCert HE, PhD - Medicine & Pharmacology, FAMA, MIBiol, MAPA, UK
- 5.45 - 6.00 pm Professor Gerard Bodeker, University of Oxford, UK
- 6.00 - 6.15 pm Dr. Vijay Murthy, PhD, UK

**6.15 - 6.30 pm Panel Discussion**

**6:30 - 7:30 pm Dinner**

**8.00 pm MERU Concert of Classical Indian Music**

**Theme 2: Cardiovascular Disorders / Lifestyle**

- CADRM (Coronary Artery Disease Reversal Management) Successful case studies by Ayurvedic Management*
- Role of Yoga Basti in Shwas (Bronchial Asthma)*
- Ayurveda Panchakarma Treatment for Low back pain w.s.r. to PIVD - an evidence based practice*
- Yoga and Ayurved - a boon for Women Health*
- Prevention for diabetes*
- About the Bishow qiqong healing handled by life-energy (Qi) and the Miracle eight methods*

**Theme 3: Brain Health / Mixed Topics**

- To evaluate the efficacy of Vishnutailla Nasya in the management of Ardita W.S.R. to Bell's Palsy*
- Effect of Olfaction in health and disease*
- Panchabhautik Approach to Maintain Brain Health*
- Brain health - an ayurvedic perspective*
- A scientific evaluation of Hiranyapraash TM an ayurvedic nanomedicine to revive ayurvedic concept of Swarnaprashana to boost natural immunity in children*

**Mixed Themes**

- State of Ayurvedic education in UK*
- Combining therapeutic Yoga with Ayurvedic treatment*
- Recent Advances of Research on Rasayana Herbs*
- Ayurvedic dietary approaches in combatting NCD's*
- Healing Intentionality & Transferring Intentionality in consciousness based practice of Ayurveda in the management of Cancer*

**Saturday Evening: Finest of Indian Classical Musicians**

**MERU Concert**

**Ankita Joshi**  
- Vocal



**Roopa Panesar** - Sitar



## Sunday, April 2

## Location / Time Speaker / Event

## Cremant Suite Plenary Session

- 9.00 - 9.15 am Ashtavaidya E.T. Divakaran Mooss, India  
 9.15 - 9.30 am Vaidyaraj Sunil B. Patil, India  
 9.30 - 9.45 am Ashtavaidyan A N Narayanan Nambi, MD (Ayu), India  
 9.45 - 10.00 am Hari Sharma, MD, DABIH, FACN, DABP, FCAP, FRCPC, USA  
 10.00 - 10.15 am Dr. phil. Karin Pirc, Germany  
 10.15 - 10.30 am Dr. med. Wolfgang Schachinger, Austria  
 10.30 - 10.45 am ---  
 10.45 - 11.00 am ---

## 11.00 - 11.15 pm Panel discussion

## 11.15 - 11.30 am Tea Break

## Cremant Suite Plenary Session

- 11.30 - 11.45 am Ranjit Anand Puranik, India  
 11.45 - 12.00 noon Anand Shrivastava, India  
 12.00 - 12.15 pm Dr. med. Oliver Werner, Switzerland  
 12.15 - 12.30 pm John Fagan, PhD, USA

## 12.30 - 12.45 pm Panel discussion

## 12.45 - 1.45 pm Lunch Break and Visit of Exhibitions

## Cremant Suite Plenary Session

- 1.45 - 2.00 pm Dr. Sunanda Ranade, India  
 2.00 - 2.15 pm Asmita Wele, MD (Ayurveda pharmacology), India  
 2.15 - 2.30 pm Prof. Gunvant Yeola, MD, India  
 2.30 - 2.45 pm Robert Verkerk, BSc MSc DIC PhD FACN, UK  
 2.45 - 3.00 pm Dr. Gaurang Joshi, India  
 3.00 - 3.10 pm Panel discussion

## 3.15 - 4.30 pm Parallel Session Presentations and Discussions

## Cremant Suite 3.15 - 4.30 pm Parallel Session

- 6 speakers x 12 minutes  
 Dr. Ajit Singh, Australasia  
 Dr. Stuart Rothenberg, USA  
 AYUSH 2, India  
 AYUSH 3, India  
 AYUSH 4, India  
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## Hall 2 3.15 - 4.30 pm Parallel Session

- 6 speakers x 12 minutes  
 Dr. Amrapali Patil, India  
 Dr. K.V. Dilipkumar, India  
 Dr. Venkata N. Joshi, UK  
 Dr. Sachin Kotalgaonkar, India  
 Dr. Pradeep K Kurunhikattil, India  
 Dr. Aditya Jahagirdar, India

## Title of speech

## Theme: Ayurveda Practice

- Ideal Panchakarma Center, Charaka's View*  
*Management of Hypothyroidism in Ayurveda*  
*Ayurveda - How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology*  
*Treating Diabetes II with Maharishi Ayurveda*  
*Ama Pachana, research on heart rate variability*  
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## Theme: Ayurveda Products - Systems and Regulations

- "Quality First Programme" - Implementing universally acceptable protocols in Quality Assurance*  
*Role of Maharishi Ayurveda in Health-Care and Longevity*  
*Regulatory challenges facing Ayurvedic products in the European Union*  
*Consciousness Based Health Care: modulating gene expression to achieve system-wide balance and integration through the Ayurvedic modality, Transcendental Meditation*

## Theme continues: Ayurveda Education

- Concept of immunisation in Ayurveda*  
*Ayurveda Bio-inorganicals - Promising New Genre of Medicine*  
*Comparative study to evaluate the efficacy of topical oil application on scalp for memory enhancement*  
*The future of Ayurvedic botanicals in the EU*  
*Frontiers of Medicine in Ayurveda Dermatology - Psoriasis*

## Short presentations of research papers followed by general discussion on the theme between panelists and audience

## Mixed Themes

- Treating Mental Illness - Ayurveda's integrative approach*  
*How Modern Biomedical Science is Discovering and Validating Core Ayurvedic Principles of Health and Prevention*  
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## Theme 4: Nutrition and Digestion / Lifestyle

- Ayurveda in Obesity Management*  
*Ayurveda psycho therapeutic practice - experiences and experiments*  
*Food medicine in Ayurveda as practised in UK*  
*Panchakarma for Vata disorders*  
*Association of life style and prakriti in the causation of diabetic retinopathy in diabetic patients*  
*Effect of Yoga postures, Pranayama and yogic kriya along with change in food habit (wholesome diet) as mentioned in Ayurved for IBS (Irritable Bowel Syndrome)*

**Hall 3**  
**3.15 - 4.30 pm**

6 speakers x  
12 minutes

**Parallel Session**

Dr. Supriya Gugale, India

AYUSH 5, India

AYUSH 6, India

Dr. Gita Moghe, India

Dr. Salim Mulla, India

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**Hall 4**  
**3.15 - 4.30 pm**

6 speakers x  
12 minutes

**Parallel Session**

Ratnaprabha Nale, India

Dr. Pragya Singhal, India

Rajlakshmi Ramesh, India

Dr. Pradeep Kumar Sharma, India

Rahul Kumar Singh, India

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**4.30 - 5.00 pm** **Tea Break, Exhibition and Poster Presentations**

**Crement Suite** **Plenary Session**

5.00 - 5.15 pm Dr. med. Christian Kessler, MA, Germany

5.15 - 5.30 pm Dr. Keith Wallace, USA

5.30 - 5.45 pm Supaya Wenuganen, PhD, USA

5.45 - 6.00 pm Dr. Robert H. Schneider, MD, FACC, USA

6.00 - 6.15 pm Dr. phil. Malte Hozzel, Germany

6.15 - 6.30 pm Dr. Bevan Morris

6.30 - 7.30 pm **Dinner**

7.30 pm **Thames River Cruise**

**Theme 5: Women's Health**

*Study of Importance of six procreative factors (Shadgarbhkarabhavas) in antenatal care to improve the gestational age at birth*

*Study of dietary habits in school girls with respect to incidence of early menarche*

*Efficacy of Panchakarma in Endocrinopathies*

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**Theme 6: Skin Health / Mixed Topics**

*Role of stress in skin health*

*To study the Efficacy of Ayurvedic Management (combination of Arogyavardhini Vati and Rohitak loha) in the treatment of Yakrittroga vis-à-vis Nonalcoholic fatty liver disease)*

*Ayurveda in irregular menstruation*

*A clinical observational study on patients of Celiac Disease - Qualitative and Quantitative Analysis*

*Management of spinal disorders by Panchakarma & Marma Chikitsa*

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**Mixed Themes**

*Comparative effectiveness of Ayurveda and conventional care in knee osteoarthritis - a randomized controlled trial*

*Microbiom and Ayurveda*

*Can Transcendental Meditation Increase Ojas and Reprogram our Genome and Gene Expression for Longevity?*

*Holistic Approach to Mind-Body Anti-Aging: Based on Maharishi AyurVeda*

*Use of essential oils as anti-microbial allies*

*Concluding Remarks*

**Sunday Evening: Boat Ride on River Thames**





## Monday, April 3

### Location / Time Event

#### Cremant Suite Establishing Ayurveda globally

9.00 - 12.00 noon Strategy and planning with the Ministry of AYUSH and Ayurveda leaders from India and throughout the world.

9.00 - 12.00 noon **Alternative Programme: London Sightseeing Tour**

12.00 - 2.00 pm **Vegetarian Luncheon**

#### Cremant Suite Global Maharishi AyurVeda Summit

2:00 - 5:00 pm Strategy and planning with the leaders of Maharishi AyurVeda from all countries of the world

**Session chaired by Dr. Tony Nader, MD, PhD,  
Patron of the Congress**

## Congress-Extension for Vaidyas April 3 – 8

(April 8 - Departure day)

For Vaidyas who would like to go deeper into the knowledge, this extension is offered with seminars on the different modalities of Maharishi AyurVeda including pulse diagnosis, aroma therapy and instruction in the Transcendental Meditation technique.

The extension will have a stay at a wonderful countryside Maharishi Peace Palace in Rendlesham, Suffolk and will have more sightseeing tours as well.

### Introduction to Maharishi AyurVeda Pulse Diagnosis (Nadi Vigyan)

Learning to detect balance and imbalance in the body by feeling the pulse, and to correct imbalances before disease arises, through adjustments in diet and daily routine. This course will provide you with a comprehensive introduction to pulse diagnosis including theoretical and practical aspects.

### Topics

#### Main topics of discussion:

- Establishing highest quality education in Ayurveda for experts and the public in each country
- Supporting the interaction of the practice of Ayurveda in the health service of each country
- Promoting scientific research on Ayurveda to encourage its global recognition
- Ensuring global availability of authentic Ayurveda products, by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity
- Establishing highest quality education in Ayurveda for experts and the public in each country

The discussion will include news and details of projects already underway in specific countries.

*(open to participants in morning and afternoon sessions)*

#### Main topics:

- Opening remarks: Global vision for Maharishi AyurVeda, Dr. Rainer Picha, Chairman International Maharishi AyurVeda Foundation
- Keynote address by Dr. Tony Nader, MD, PhD, Patron of the International Maharishi AyurVeda Foundation
- Achievements, breakthroughs, areas of concern, and suggestions for expansion from Maharishi AyurVeda leaders of different countries
- Brainstorming on how Maharishi AyurVeda globally can support the achievement of the topics of the morning session and the Congress as a whole



### Introduction to Maharishi Aroma Therapy

During this course you will receive detailed knowledge about essential oils, their properties and applications. You will experience the powerful effects of the pure, certified organic and wild harvested VedAroma essential oils. These essential oils are balancing and normalizing in their effects; they enliven body's own self-healing mechanism and restore life, health, and wholeness in body, mind and soul.

For more details please visit the congress website:  
<http://InternationalAyurvedaCongress.com/>





Maharishi Mahesh Yogi with leading Vaidyas, 1985

## Maharishi Mahesh Yogi's Contribution to the Rise of AyurVeda in the World



Maharishi Mahesh Yogi, the great scientist of consciousness and Founder of the Transcendental Meditation Programme, organized and elucidated the centuries-old scattered Vedic Literature as the record of a perfect science – Maharishi's

Vedic Science and Technology. As part of this monumental project, Maharishi examined and clarified all aspects of Vedic wisdom, devoting special attention to reviving the scientific foundations and full practical potential of Ayur-Veda.

Working with many great Ayurvedic physicians and scholars, Maharishi established Ayurveda as the cornerstone of his worldwide initiative to create a disease-free society. In recognition of Maharishi's unique contribution, these experts adopted the name Maharishi Ayur-Veda to denote complete Ayurveda in accordance with the ancient Ayurvedic texts.

Maharishi explains that Veda represents the Totality of Natural Law reverberating within the unmanifest field of pure consciousness, the unified wholeness of life at the basis of all manifest creation. This field can be equated with the Unified Field of all the laws of nature glimpsed by the quantum field theories of modern physics. In Vedic terms, the Unified Field of pure intelligence is Atma, our own Self.

Like all branches of Vedic Literature, Ayurveda has its foundation in this universal field of intelligence, and can only be properly understood and practised in its completeness when this field is fully enlivened in human awareness.

The ancient texts of Ayurveda recognize Atma as the foundation of all existence:

अयमकामाना चैवः शाश्वतो विभूत्ययः ।

— चरकः शाङ्गिग्यानम् १. ६४

Atma is unmanifest, knower of all creation, eternal, universal, and indestructible.

— Charaka Sharira Sthanam, 1, 61

आत्मा त्वोचितिदानन्दस्यो नित्यस्यो निःसृष्टः निर्गुणः प्रकृतियोगान्मगुणः कृते जगत् ।

— भावप्रकाशः पूर्वखण्डः २. ३

Atma is light of absolute bliss consciousness, eternal, non-attached and without attributes. Upon contact with Prakriti, manifest creation arises.

— Bhava Prakash, Purva Kanda, 2.3

Despite the huge contribution made by the Ayurvedic community to the health and well-being of the vast population of India and neighbouring nations, it is widely recognized that this precious science lost some of its purity and effectiveness during centuries

of foreign rule. Maharishi Ayur-Veda supplies the missing elements needed to bring fulfillment to the high aspirations and dedicated work of Vaidyas everywhere.

Health in Ayurveda is described as perfect balance on all levels of life: balanced doshas, agnis, dhatus, and malas, and bliss in senses, mind, and Atma (Self). To achieve this goal, Maharishi Ayurveda establishes the central importance of life in accordance with natural law as the essential foundation for good health. This in turn requires that human consciousness is fully developed, so that individuals spontaneously function without violating the laws of nature, disallowing stress and imbalance to build up in their own lives and in society.

Maharishi Ayur-Veda brings the individual in harmony with Natural Law through Maharishi's Vedic Technologies. Foremost of these is Maharishi's Transcendental Meditation programme, a simple, effortless technique which requires no belief, nor any change in life-style or diet, and can be easily learned by anyone regardless of age, education, or culture. More than six million people have learned the technique worldwide. Since 1970, more than 600 research studies on TM have been conducted at over 250 universities and research institutions in 30 countries. Many have appeared in leading peer-reviewed journals.

These studies demonstrate that Transcendental Meditation produces comprehensive improvements in all aspects of physical and mental health. Findings include reduction of major risk factors for disease, improvement in cardiovascular disorders such as coronary heart disease and high blood pressure, decreased mortality, and reduced health care needs and costs.

For example, in a recently published nine-year randomized controlled trial of patients with coronary heart disease, funded by the US National Institutes of Health, Transcendental Meditation led to a 48% reduction in the rate of major clinical events (all-cause mortality plus non-fatal myocardial infarction and stroke) compared to control subjects who received education on risk factor reduction. (Schneider RH et al. Stress reduction in the secondary prevention of cardiovascular disease: randomized, controlled trial of Transcendental Meditation and health education in blacks. *Circulation. Cardiovascular Quality and Outcomes* 2012 5:750-758)

Extensive research has also shown that Transcendental Meditation reduces various forms of psychological distress, enhances positive aspects of mental and social functioning, and develops a more stable, balanced, and resilient personality.

Maharishi Ayur-Veda also utilizes many other methods to culture life in accord with natural law, from

the angles of mind, body, behavior, and environment. These include: Maharishi Vedic Vibration Technology; Maharishi Ayur-Veda Self-Pulse Reading; balanced diet; health-promoting daily and seasonal routine; natural herbal preparations and Rasayanas; and physiological purification programmes such as Panchakarma.

Maharishi Ayur-Veda also incorporates programmes from other branches of Vedic knowledge, including Sthapatya Veda (for fortune-creating homes and buildings), Gandharva Veda, and Jyotish. In all these areas, as always, Maharishi complemented his profound cognitions and insights with scientific clarity and rigour.

Collectively, all these approaches enliven the inner intelligence of the body in order to maintain perfect balance and thereby promote a long, healthy, and happy life.

Maharishi promoted Ayurveda throughout the world as a holistic, scientific system of natural health care for the prevention and cure of diseases, the preservation of health, and the promotion of longevity. Along with leading Vaidyas of India, he developed a World Plan for Perfect Health—a comprehensive, universally applicable, economically self-sufficient programme of health care based on the principles of Ayurveda.



International Course of Medical Doctors on Maharishi AyurVeda, New Delhi, 1987

Maharishi's initiatives over 50 years have been fundamental to the worldwide upsurge of interest in and enthusiasm for Ayurveda that we see today.

Finally, Maharishi extended the range of health care to include collective health of society as a whole: more than 50 controlled studies (including prospective projects) have found that collective practice of Transcendental Meditation (and its advanced techniques, particularly Yogic Flying) by a small fraction of the total population can improve the collective health of society as a whole, as measured by reductions in crime, accidents, unemployment, and both civil and international conflict, and improvements in positive trends throughout the community, nation, and world.

सर्वे भवन्तु सुखिनः  
सर्वे सन्तु निरामयाः ।

May everyone be happy.  
May everyone be healthy.



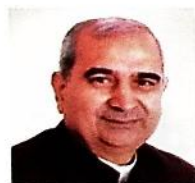


### Prof. Tony Nader, MD, PhD

*Prof. Nader received his M.D. degree from the American University of Beirut. His Ph.D. is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), and he completed post-doctoral work as a Clinical Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.*

### Consciousness – The Foundation of Health, Happiness, and Long Life

Developing the full potential of every individual is the supreme goal of the health profession. Not only absence of disease and balance in mind and body ought to be aimed at but to guide every individual to fulfilment on every level personal, physical, mental and also vocational, social and cosmic. For this, we have to first define what the human potential is. According to all major traditions of knowledge and belief systems in the world, the individual is cosmic. Man was created in the image of God. The kingdom of heaven is within everyone. Veda declares a human being as Brahman, wholeness, and totality. Our research has shown that total knowledge available in Veda and the Vedic literature is embodied in the human physiology. Hundreds of scientific studies on Veda as available in Maharishi's Vedic science and technology demonstrate that every individual can gain higher states of consciousness and rise to supreme balance, integration, fulfilment and enlightenment. Let us examine, and offer to the world from the platform of this great gathering of health scientists, the various procedures that not only can help to live a healthy, happy, and long life but also raise every individual and society to perfection creating enlightenment, peace and harmony for everyone and in the family of nations.



### Padma Bhushan Vaidya Devendra Triguna, India

*Vaidya Triguna is a recipient of "Padam Shri" & "Padama Bhushan" award for his contribution to Ayurveda. He is the Visitor of the prestigious and one of the oldest University Gurukul Kangri University, Haridwar. He is Hon. Physician to the President of India, was born in a family of traditional Vaidyas. His father Vd. Brihaspati Dev Triguna is a renowned Nadi Vaidya in India and abroad. Vd. Devendra has been in clinical practice for the past 34 years and gathered rich experience in successful treatment of chronic and complicated disorders. He is President of All India Ayurvedic Congress, numerous central councils, governing bodies of the government of India.*

### Ayurveda – The Prevention Oriented Health Care



### Prof. Dr. Subhash Ranade, India

*One of the foremost experts on Ayurveda. He is leading academician and physician in the field of Ayurveda. Chairman National Academy of Ayurveda, Pune, India.*

#### Ayurveda Propagation Worldwide

Since last 35 years we have propagated Ayurveda in 75 Countries in all 5 Continents of the World.

In 1982 we started giving lectures at various Institutes in Germany. We worked with Seva Akademie and till this date we have trained over 600 Heilpraktikers.

From 1983 we started working with various Institutes in Italy like IAA. We also started our work in France from 1985.

We established International Academy of Ayurveda in Pune, India for training foreigners in 1996. Till today we have given chance to our faculty members for 72 times to propagated Ayurveda Abroad.

Conducted seminars in various Institutes in Swiss 2004, Hungary 2005, Portugal 2006.

We started teaching Ayurveda in different Institutes in USA from 1986 and Canada 1993.

Since 2003 we are working in Brazil on the invitation of Dr. Jose Rugue at his Shudha Dharma Mandal. Argentina 2006, Colombia 2009, Czechoslovakia 2009, Romania 2014, Serbia and Slovakia 2015.

Also organized three International conferences in Dubai in 2011 and 2014 and in Malaysia in 2015.

Opened IAA affiliated center -AIDA- in Japan in 1992.

Signed MOU with centers in Poland, Greece and Spain and Austria, Israel, Russia, Brazil, Chile, Mauritius, Canada, USA, Australia, and Portugal.

Our books have been translated in 13 languages and have given interview on Ayurveda in Countries like Germany, USA, Brazil, and Romania also.



### Dr. med. Rainer Picha, Austria

*Rainer Picha, MD, senior consultant in cardiology from Austria; former Assistant Director, Department of Cardiology of the State Hospital in Graz, Austria; researcher at Maharishi Vedic University in Vlodrop, Netherlands, since 1996. Dr. Picha is now Chairman of International Maharishi AyurVeda Foundation, overseeing all Maharishi AyurVeda activities worldwide.*

#### A Disease-Free Society — Is it Possible?

Since Maharishi Mahesh Yogi's goal was to create a disease-free society I will analyze whether it's just an utopia or whether it may be doable.

Ayurveda offers the complete knowledge of how to live a long life, but individual health is also influenced by outer factors such as social conflicts and stress,



pollution of air, water, and food, indoor pollution, noise pollution, and various forms of radiation, just to name a few.

In order to manage these innumerable factors that influence health from outside, a global transformation would be required that would include a respectful handling of mother earth, enlightened leadership, peace-promoting programmes, keeping the environment pure, and behaviour in tune with the laws of nature.

Maharishi AyurVeda focuses on both individual and collective health, and handles them from their source – the field of consciousness – with Vedic technologies. I will give a short overview of some of these Vedic disciplines including approaches to collective health, applications of the discovery of Veda in the human physiology, light therapy with gems, Vedic architecture, and Vedic agriculture.



Dr. med. Walter Mölk, Austria

*Director International College of Perfect Health, The Netherlands; founder Austrian Society of AyurVedic Medicine (1986).*

### Ayurveda, a Foundation for Integrative Medicine

Integrative medicine is characterized by a holistic approach to the patient, including all aspects of lifestyle, and the use of different types of both conventional and alternative therapies.

Maharishi Mahesh Yogi has pointed out that the successful integration of all these therapies can only be on the basis of the silent level of our own consciousness, Atma (the Self) or the Unified Field in the language of modern physics.

In order to achieve effective prevention and healing without side-effects it is necessary to consider all influences that affect health. The three basic ayurvedic treatment types such as Daiva Vyaprashaya (spiritual therapy), Yukti Vyaprashaya (rational therapy) and Sattwavajaya (psychological therapy) can cover all these influences. The question is how they can be applied in a medical practice?

This goal is achieved in Maharishi Ayurveda by a multimodality approach covering the whole range of Natural Law from the abstract, unmanifest field of creation to all the expressed levels of human life. The treatment modalities have an age-old tradition and many of them have been researched and the results published in peer-reviewed scientific journals. This approach also includes diagnostic methods and treatments of modern medicine, and systems of natural medicine with a long tradition and/or scientific studies proving their effectiveness.

Maharishi Ayurveda is a prevention oriented system which also considers and integrates influences which are usually not taken into account by conventional medicine, including development of consciousness in the individual and in the society (level of coherence in collective consciousness), the near environment (architectural design and city planning) and the distant environment (cosmic

influences from our solar system and the stars). The goal of all these approaches is, besides addressing specific health concerns, to enliven the inner intelligence of the body and create an ideal atmosphere for personal development and growth in a peaceful and affluent society.

The patient is not so much interested in any particular system but wants to get cured without side-effects. Therefore it is not so important which system we use as a physician as long as we are able to achieve the above mentioned goals.

The most fundamental level of Ayurvedic treatment is the state of Yoga or union, in which individual and cosmic intelligence are integrated. It is a dynamic state of perfect health where the person is established in himself, 'Swa-sthya', in the self-referral state of consciousness, '...Swarupe avasthanam' (Yoga Sutra 1.3). Regular experience of this lively state of inner silence through the practice of Transcendental Meditation is the basis not only for individual health, but also for collective health, and therefore represents a good foundation for any kind of integrative medicine.



Prof. Padma Shri Ram Harsh Singh, India

*Life Time Distinguished Professor, Banaras Hindu University; Formerly Professor-Head & Dean, Faculty of Ayurveda, BHU and Vice Chancellor, RAU, Jodhpur.*

## Shifting Paradigms of Ayurvedic Education in Global Perspective

### The Background

Ayurveda is the oldest system of life science and health care originating from India thousands of years ago continuing in an unbroken professional practice even today. Ayurveda seems to have been the world view of its time which shrank to Indian subcontinent due to the fast emergence of European medicine in colonial India. Now with the changing scenario of the health needs of the people world over and the unfolding inadequacies of main stream conventional medicine in coping with the challenges of the newer health hazards such as stress, population aging and life-style related non-communicable diseases, Ayurveda has started re-globalizing. In this context Ayurvedic education and research are of prime significance.

In India, Sri Lanka and Nepal Ayurveda is a fully official system of medicine and these countries have evolved a suitable regulation and infrastructure for Ayurvedic education and practice. Except Five countries in Europe and few states in US in other countries Ayurveda is not yet officially recognized nor there is scope of respectable employment in this sector. Hence at this stage the Indian model of five and half years full time UG course and further three years full time specialized PG course in Ayurveda may not be feasible in western countries. US and EU Ayurveda enthusiasts should develop their own model, of course Indian experts may help in developing the model according to the need and demand of the course seekers. Later when the number of seekers grows and legal situations change one can think of uniform global model of Ayurvedic education as was done in case of modern medicine and more recently Traditional Chinese medicine which has now become the licensed system of medicine in US. The principle of globalization with local perspective is the right policy.



Government of India has already started taking initiatives in creating Professorial Ayurveda Chairs in different countries on its own besides considering to establish a Council for International Cooperation in India with subunits in different member countries. This Council besides advisory role may also accredit the quality of courses, programs and institutions involved in Ayurveda related activities outside India.

### The Indian perspective

Currently there are over 265 Undergraduate and 65 Postgraduate Ayurvedic colleges producing over 12000 UG and 2000 PG new Ayurveda doctors every year with about 450000 registered Ayurveda practitioners in the field, besides many centers of postgraduate education and a huge research organization controlled by fully legalized regulatory bodies like CCIM and CCRAS respectively. However, the entire organization still needs lot of improvement in terms of policies, programs and the infrastructure besides enhanced public fund support.

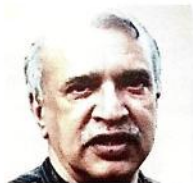
In case of Ayurveda education in India the long drawn issues are 1. Basic school qualification for admission to UG courses, 2. Distribution of different subjects in 3 or 4 professional segments of the course, 3. The issue of strengthening the knowledge of Sanskrit language, 4. To determine the quantum of complementary knowledge of modern medicine needed for Ayurvedic graduates, 5. To induce scientific temper and work culture among the students, 6. To promote the professional competence among the graduates so that they practice Ayurveda without undue dependence on conventional medicine, 7. Strategies of bilateral integration including the issue of adding essentials of Ayurveda in MBBS course using the experiences of the success story of TCM in China, 8. Promotion and regulation of Ayurved education, research and practice out-side India, 9. Examination reform and student-centered teaching with ability to fruitfully interface the Shastra with science and the clinic, 10. Strategies to strengthen the infrastructure particularly the quality of teachers and hospital facilities in Ayurvedic colleges.

### The Global Perspective

As mentioned at the outset considering the ongoing globalization of Ayurveda today there is a need to develop interim courses and curricula to suit the course seekers today in the west where Ayurveda is not yet fully recognized, besides defining the kind of Ayurvedic practice which can be legally pursued globally. Ayurveda is dominantly a health oriented system and has real strength in promotive and preventive health care. Ayurvedic doctors may flourish more as a health practitioner than as a medical practitioner. Hence the Ayurvedic education outside India needs to be suitably tailored. As stated earlier the Ayurveda enthusiasts in US and EU should develop their own model of Ayurvedic education and Indian experts may help. The initiatives taken by NAMA in US to develop part time Diploma, Certificate, Bachelors and Masters courses in Ayurveda as are in operation at certain Ayurveda colleges in US and Ayurveda programs designed for qualified Registered doctors and therapists in Germany and similar other courses in different countries are good attempts but need improvement and streamlining and better operation.

Government of India has already started taking initiatives in terms of creating Ayurveda Chairs in different countries and is considering launching a Council for International Cooperation to promote the ongoing program. The Indian research organizations are also playing activism to conduct scientific research

in the science of Ayurveda and the therapeutics of Ayurveda to transform Ayurveda as a evidence based system of medicine which is the prime public demand in India and world over. It is hoped these researches will help sustain the globalization movement of Ayurveda.



### Padma Shri Prof. Anant Darshan Shankar, India

*Vice-Chancellor, TransDisciplinary University (TDU), Bangalore.*

#### Structure and logic underlying the Ayurvedic knowledge system

The sophistication of the Ayurveda lies in the fact that it possesses the four key features of a mature system of knowledge viz., observations of the range of changes that occur in biological processes, rule based categorization of the changes at multiple levels, linking the changes to causality (not mere correlations) and restoration of homeostasis. The presence of these four features suggest its maturity. Modern knowledge systems have not yet evolved to achieve these features of maturity. The knowledge has a 3 tiered structure, existential principles (Tatwas), Science that governs the analysis of changes (Shastra) and rules of application specific to time and space (Vyavhar). A unique property of knowledge in Ayurveda is that it is not a function of time but of states of mind. It is this property that explains how knowledge of health generated in 1500 BC guides solution to problems in the 21st century.



### Prof. Padma Bhushan Shri B. M. Hegde, India

*MD, PhD, FRCP (Lond, Edin, Glasg, & Dublin), FACC, FAMS. Padma Bhushan Awardee 2010; Cardiologist & Former Vice Chancellor, Manipal University.*

#### How might Ayurveda help modern medicine to make sickness care reasonable?

Ayurveda, the science of life, (Ayu=life; vid=science) is a part of the ageless Vedic heritage of India. Speculations about its origin go back thousands of years before Christ. Extensive literature on this subject, dating back to the fourth century BC, has one thing in common that the essence of Ayurveda is to preserve good health, which is every human being's birthright. Ayurveda prescribes life style changes with emphasis on tranquility of mind that is filled with universal compassion, as an insurance against an occasional illness. In this system disease is only an accident. Just as road accidents are rare if one follows traffic rules, disease would an exception if one follows the life style prescribed in Ayurveda, which is not hard to comply with.

Human body has an inbuilt powerful immune system that could correct most, if not all, ills that man is heir to. In the unlikely event of this mechanism failing, and only then, should doctors interfere to help the system, when possible. In fact, the concept of immune deficiency syndromes had been prevalent there.



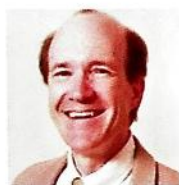


### John Hagelin (Ph.D. Harvard), USA

*Renowned quantum physicist, Director of the Institute of Science, Technology and Public Policy at MUM, and President of the Global Union of Scientists for Peace.*

#### Maharishi Vedic Medicine is ultra-modern, cutting-edge medicine — Unified Field Based Medicine

Recent breakthroughs in our scientific understanding of the Universe from string theory and M-theory present Ayurvedic medicine in a completely new light. They reveal that Ayurvedic medicine is unified field based medicine—i.e., the direct application to human health of the deepest principles of nature's functioning—i.e., the deepest laws of nature governing subatomic scales. Specifically, the three doshas directly correlate, in modern scientific terms, to the three superfields of supersymmetric quantum field theory; the pancha mahabhutas to the five quantum-mechanical spin-types; and the Atma (Self), which is fundamental to Ayurveda, correlates to the "unified field" or superstring field. This new understanding from modern physics reveals that Ayurvedic medicine is more fundamental—and thus potentially more powerful—than contemporary pharmacological medicine. It also explains why Ayurveda, being unified field based medicine, is truly holistic—and hence naturally free of adverse side effects, in comparison to more superficial and fragmented allopathic approaches.



### Frederick Travis, PhD, USA

*Professor of Maharishi Vedic Science, Chair of the Department of Maharishi Vedic Science, Dean of the Graduate School, and Director of the Center for Brain, Consciousness, and Cognition, Maharishi University of Management, USA.*

#### Drivers of Development to Optimize Brain Maturation

This talk will explore how age-appropriate experiences enhance brain and cognitive development throughout the lifespan. These age-appropriate experiences would be the drivers at each age. We explore how a nurturing caregiver is the driver in the first years of life, how language learning is the driver from three to ten years, and how problem solving is the driver in the teenage years. To continue development in adult years, it is necessary to transcend thought. Thus, Transcendental Meditation, which is a meditation technique designed for transcending, is a requirement to optimize human development.



### Prof. Bhushan Patwardhan, India

*Professor, Interdisciplinary School of Health Sciences and Director, Center for Integrative and Complementary Health Savitribai Phule Pune University.*

#### Integrative Approaches For The Future: Ayurveda, Genomics and Epigenetics

In the Vedic knowledge systems, the syllable Om symbolized a primordial sound what stands unchanged behind the changes we see. In the modern science genome symbolizes an immortal unbroken chain of life. Omics involve study of not only genome but also other consequential molecules like proteins and metabolites. Today modern science is moving in the direction of systems biology, artificial intelligence and complexity theories, where importance of holistic approaches is recognized. Advances in molecular biology and omics technologies are shaping current understanding of biomedicine, yet the promise of personalized medicine has not materialized. With emerging science of epigenetics, scientists are now realizing avenues beyond genetics. Need for systems approach and nonlinear complexity sciences is intensely felt than ever before. In such a situation, basic principles like loka, purusha, mahabhuta, dosha, rasa, guna, agni and prakriti have become more relevant. Ayurveda has person-centered approach where each individual requires personalized diet, lifestyle, and therapeutics. An emerging field of research field known as Ayugenomics is now showing new ways to expedite the progress of personalized health and integrative medicine of the future..



### Mark Rosenberg, Germany

*Managing Director, European Academy for Ayurveda, Germany, Austria and Switzerland; Board of Directors, International Ayurveda Foundation; President VEAT, Int. Working Group "Ayurveda Education", AYUSH.*

#### The Future of Ayurveda Education in Europe

During the last 20 years, a variety of Ayurveda education schemes have been successfully established in Europe. The European Academy of Ayurveda alone has trained more than 20,000 students in Ayurveda medicine and therapy, among them 500 doctors and medical professionals participating in its university program "Master of Science in Ayurvedic Medicine".

Presently, we have to face the challenge of further professionalizing these study courses in order to integrate Ayurveda into modern education for medical experts. First of all, it will be necessary to adapt the curricula to the requirements of both educational and healthcare systems, which are currently in place in western countries. These measures include the definition of learning outcomes and an appropriate form to assess the students' competences, as it is common in the framework of higher education. Moreover, modern technologies will have to be integrated into traditional teaching methods. Whereas an experienced teacher will remain indispensable to bring Ayurvedic knowledge to life and transfer it by a holistic approach, didactics may well include e-learning elements.



But it will not be enough to focus entirely on theoretical knowledge. Sound Ayurveda education rather requires a dense network of research, medical practices and institutions where students are able to complete their knowledge by practical skills. In this context, it is also recommendable to promote the exchange of students and faculty members within the framework of international cooperation programs.

In the end, one aspect must not be forgotten: In Ayurveda education, we are always confronted with the challenge to reconcile the call for evidence-based science and the holistic as well as spiritual dimension of Ayurveda. In his lecture, Mark Rosenberg will describe his experiences in establishing state-approved education programs for Ayurveda medicine and complementary therapy in Germany, Austria and Switzerland.



**Dr. med. Harsha Gramminger, Germany**

*CEO and Clinic Director, Euroved GmbH, Germany & President of European Ayurveda Association.*

### **Cost and Health Benefits from Integrating New Age Ayurveda into European Health Systems**

General Health Costs are spiraling in all developed and developing nations of the world. In 2013, Germany spent almost €315 billion on health. This was an increase of about €12.1 billion compared to 2012: €3,910 in 2013 vs. €3,770 in 2012 per inhabitant. Type 2 Diabetes, Obesity, Hyperlipidemia, Hypertension & other "civilization" diseases are the main factors for these costs.

With over 8 million sufferers (in 2009 and growing), Diabetes Mellitus is one of the most widespread diseases in Germany. Serious "secondary complications" and "associated diseases" / co-morbidities include heart attack, stroke, athlete's foot etc.

Total costs €3,817 includes three components: direct – disease, indirect, and associated complication.

Obesity is another new global epidemic and set to become the number one health problem globally by the year 2025. In 2013, 52% of all Germans were overweight, which is about 42.02 Million people! The associated conditions include: Type 2 Diabetes, Hypertension, Vascular diseases, Stroke, Coronary heart disease, Gall stones, Cancer, Sleep Apnea Syndrome, Diseases of the joints and of the skin, and more.

Clinical and practical experience is proven, that Ayurveda is able to improve the condition of both Type 2 diabetes and Obesity. Furthermore it is able by its lifestyle guidance and preventive holistic approach, to reduce and avoid follow-up diseases and costs.

The presentation will show with facts and figures how the wisdom of Ayurveda can be followed for the New Age to prevent, manage and cure such diseases. Figures for savings to the European Health care costs will be presented and discussed.



**Renee Mann, UK**

*President, Ayurveda Practitioners Association (APA), UK; Representative of European Herbal & Traditional Medicine Practitioners Association (EHTPA).*

### State of Ayurvedic education in UK



**Dr. Indira Anand, B.A. Hons Econ, B.T., M.A.Econ, PhD, B.A.Hons Ayurvedic Medicine, UK**

*Chair: British Association of Accredited Ayurvedic Practitioners; Member NHS Register of Complementary Therapists; Chair: Sahara means Support (Reg Charity); Chair: SmS India Foundation.*

### Combining therapeutic Yoga with Ayurvedic treatment

Yoga should be treated as a therapeutic tool of Ayurveda for both disease treatment and for lifestyle management. Yoga postures and pranayama treat a variety of ailments, particularly structural problems or low energy conditions and are among the best tools for keeping our doshas in balance. Pranayama is most effective in treating diseases of the respiratory, circulatory and nervous systems, whose function depend upon the right flow of prana. It is excellent for all conditions of debility, low energy, chronic fatigue, weak immunity and convalescence. Yoga is also excellent for psychological and mental disorders because of its specific action on the mind through deep relaxation and meditation. Yoga methods cover the entire field of our existence – from the physical, sensory, emotional, mental and spiritual. Patient care could be optimised by combining the two therapeutic regimes, with no additional expense and less reliance on medicines. It is particularly relevant for overseas Ayurvedic practitioners. Yoga as a therapy was traditionally prescribed in an ayurvedic context. It is a great pity that very few present day Ayurvedic practitioners prescribe Yogic practices.



**Palitha Serasinghe, D.A.M.S., PG Cert HE, PhD – Medicine & Pharmacology, FAMA, MIBiol, MAPA, UK**

*Former Senior Lecturer & Additional Director Institute Indigenous Medicine Colombo (SL); Visiting Academic Research Commonwealth Fellow, Kings College London; Principal Lecturer & Assistant Director, College of Ayurveda (UK).*

### Recent Advances of Research on Rasayana Herbs





## Professor Gerard Bodeker, University of Oxford,

*Chair Global Initiative For Traditional Systems (GIFTS) of Health, Oxford, UK; Chair  
Templeton College, University of Oxford, UK, Dept. of Epidemiology, Columbia  
University, New York.*

### Ayurvedic dietary approaches in combatting NCD's

WHO (2016) has identified Non-Communicable Diseases (NCDs) as the leading cause of death worldwide, with almost three quarters of all NCD deaths occurring in low- and middle-income countries.

The Global Burden of Disease Study (2013) has found diet to be more associated with disease burden than physical inactivity or high body mass index.

Increasingly, the Mediterranean Diet is touted as the dietary pattern to counter NCDs. The Mediterranean Diet, a Western diet, studied by Westerners on Westerners, is now being recommended for the world, 75% of which is non-Western. This approach does not take into account cultural traditions of nutrition (and hence compliance), local food crops, or perspectives from epigenetics, metabolomics or nutrigenomics.

Ayurvedic diets are rich in pharmacologically active compounds with anti-inflammatory, anti-diabetic, anticancer and cardioprotective properties – hence in combatting NCDs.

Ayurveda's personalized approach to nutrition is premised on different foods being suited to different metabolic types, different seasons, and different times of day. Here, metabolomics, nutrigenomics, epigenetics and chronobiology converge.

Congruent with the trend towards personalized medicine, research now offers genomic evidence for the construct validity of Ayurvedic body types. Ayurveda's personalized nutritional framework and six-taste system for classifying foods merits evaluation as a culture-free nutritional strategy, applicable across dietary traditions and food types in preventing and managing NCDs.



## Dr. Vijay Murthy, PhD, UK

*B.Nat (NZ), M. Surgery (Ayu), B. Ayu Med & Surgery (IN), MPH (NZ); Ayurvedic  
physician; Director Ayuwave Ltd.*

### Healing Intentionality & Transferring Intentionality in consciousness based practice of Ayurveda in the management of Cancer

Our very nature is intentional and the most basic intentionality in nature is to be whole. DNA programming, reproduction of cells, tissue repair, wound healing and the entire process of life are examples of nature's intentionality in operation. This concept of nature's intentionality is embedded in the Vedic mind-set that is the hallmark of Ayurvedic practice. Prior to the influence of western thought and colonial medicine in India the practice of Ayurveda did not digress from the application of the consciousness model for healing.

Unlike the modern western approach to cancer, Ayurvedic practices do not make watertight components of the tumour, the person and psycho-emotional consequences of the condition on the person in the management of cancer. While the body's ability to heal could be considered generic intentionality, which is the basic level of intentionality, upon which the body functions in states of health and ill-health, becoming conscious of the body's intentionality and directing intentionality to heal oneself can be termed healing intentionality. Ayurvedic healing in cancer and any other conditions is always a collaboration between the person and the practitioner. In modern day Ayurvedic practice, in the context of cancer management, an ayurvedic practitioner would therefore advise, train and guide the person with cancer on various self-care practices such as Dinacharya, Pranayama, Dhyana and meditation to invoke 'healing intentionality' within the person. Healing intentionality also evolves with one's experiences in life. Healing intentionality is both the capacity for and the development of specific intent for healing. Researchers demonstrate that persons mindful of this healing potential experience it in their thoughts, sensations, behaviour and actions. When the practitioner is engaged in honing the art of healing intentionality, then he/she becomes capable of transferring intentionality. For some practitioners transferring intentionality can be an innate gift. Ayurveda recognises the outcome of any effort to heal as a result of the level of engagement in consciousness on part of the practitioner as well as the patient. This presentation provides a framework for practitioners to apply the consciousness model of Ayurveda in the management of cancer by suggesting principles and methods of developing healing intentionality and transferring intentionality.



### Ashtavaidya Divakaran Mooss

*Chairman and Chief Physician at Ashtavaidyam Thakkattu Mooss, Aatma Ayurvedic Hospital, Thrissur, Kerala, India, Chief Consulting Physician at Keralaleeya Ayurveda samajam Shoranur, and at PNNM Ayurveda Medical College.*



### Vaidyaraj Sunil B. Patil, India

*Founder and president of Vanoushadhi Vidhyapeeth, Kolhapur, India. Editor of Vanoushadhi Magazine and author of eight books on Ayurveda. Received numerous national and international awards.*

### Ideal Panchakarma Center, Charaka's view

Ayurveda is becoming more and more popular in last few decades. All approach of Ayurveda especially the Panchakarma Therapy is widely accepted as preventive and therapeutic major.

Panchakarma is an integral part of Ayurveda and it is in practice from ancient days. Panchakarma is the only Therapy available to element impurities and cleansing of your body, this therapy detoxification your body, recharge your mind and rejuvenates you.



The number of Panchakarma practitioners and experts is increasing now a days. They are certainly needed proper Guidance about how to start the Panchakarma Hospitals. Acharya Charaka has been well explained about ideal Panchakarma centre.

The Vastu, the main Building and various Departments, different staff, Dietary regime, surroundings, Different sections of Panchakarma treatments with the proper guidance from Charak Samhita - Sutrasthana Chapter 15, one can easily learn how to raise and maintained an ideal Panchakarma Centre and give maximum benefits to their patients.



### Ashtavaidyan A N Narayanan Nambi, MD (Ayu), India

*Ayurvedic teacher, clinician, and researcher; Director Academic Division of SNA Oushadhasala Pvt. Ltd.; Faculty member of Ayurvedic Point, Italy; European Academy of Ayurveda, Germany.*

#### Management of Hypothyroidism in Ayurveda

Thyroid disorders are the most common disorders of the endocrine glands. It is estimated that about 42 million people suffer from thyroid disorders in India. Women are 6 times more prone than men. In general; disorders of thyroid gland are hypothyroidism, hyperthyroidism, goitre and iodine deficiency disorders, Hashimoto's thyroiditis, thyroid cancer. Hypothyroidism is one of the most common functional disorders of thyroid gland.

The Thyroid gland produces two related hormones Thyroxine [T4] and Triiodothyronine [T3]. These hormones play a critical role in cell differentiation during development and help maintain thermogenic and metabolic homeostasis in the body. Deficiency of these hormones is known as Hypothyroidism. It occurs due to the hypo functioning of Thyroid gland which results in decrease in body's basal metabolic rate [BMR]. (...)

This presentation include a detail description from Ayurveda, Management and traditional wisdom in choosing appropriate medications and treatments. Besides, many new outlook from Ayurvedic point of view and share the experiences of Ashtavaidya tradition 's practices too.



### Hari Sharma, MD, DABIMH, FACN, DABP, FCAP, FRCPC, USA

*Professor Emeritus, former Director Cancer Prevention and Natural Products Research, Ohio State University, published over 150 research papers, written five books, lectured worldwide at medical institutions and conferences, Smt. V. J. Thakar Gold Medal Award 2010, Gujarat Ayurved University.*

#### Ayurveda – How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology

This presentation will cover the role of Purusha (Consciousness) and Prakriti (Nature) in managing cellular physiology. It will cover how the activities of the human constitution affect cellular function – as you sow, so shall you reap – this

is the theory of karma in action in cellular activities. It will also cover what is kundalini (individualized life force) in cells and what the activation of kundalini means on cellular level affecting health. The presentation will also include how Ayurveda covers and manages both the genetic code and phenotype in maintaining optimal health.



### Dr. phil. Karin Pirc, Germany

*Medical Director Maharishi AyurVeda Health Centre Bad Ems. She was honoured the "Global Hakim Ajmal Khan Award" as "Best Ayurvedic Physician 2006" and the "International Lifetime Achievement Award" in 2013 and is also the author of eight books on Ayurveda.*

#### Treating Diabetes II with Maharishi Ayurveda

Since Diabetes – if untreated – goes along with dysuria – it is dealt in the classical ayurvedic texts as prameha, a variety of diseases which are connected to the disturbed urine production.

Diabetes II in Ayurveda is considered as life style disease – in terms of modern medicine due to insuline resistance of body cells and malfunction of the insuline producing cells of the pancreas. Both causes are successfully dealt with in Ayurveda. Insuline resistance in ayurvedic terms is the blockage of the srotas due to unhealthy eating habits and behaviour, whereas the pancreatic cells are underfunctioning.

Therefore treating diabetes is an ayurvedic multimodality concept which includes purification methods like panchakarma, ama reduction with food regimen and lifestyle as well as herbal compounds for purification and stimulation of pancreatic cells. With this combination of therapies all cases of Diabetes II can be reversed, most often completely cured while the late complications can be prevented and many of them reversed also.



### Dr. med. Wolfgang Schachinger, Austria

*President European Ayurveda Medical Association (EURAMA), Board German Ayurveda Association, Medical Director Maharishi AyurVeda Health Centre, Ried, Austria*

#### Ama Pachana, research on heart rate variability

Ama pachana (removal of toxic undigested material) and agni deepana (strengthening of digestive power) are important pillars of ayurvedic treatment.

This lecture describes a simple, easy to apply 7 day ama pachana treatment that was prescribed 100 fold in daily practice. This treatment consists of herbal compounds, spices, and easy to follow dietary and life style recommendations.

Clinical cases show that this treatment can be an effective start into a successful ayurvedic therapy when indicated.

In the analysis through HRV (heart rate variability) signs of higher orderliness and autonomic stability could be found at the end of this 7 day treatment.





## Ranjit Anand Puranik, India

*Executive Director and CEO of Shree Dhootapapeshwar Ltd., Mumbai  
Herbal and AYUSH Panel at PHARMEXCI.*

### "Quality First Programme": Implementing universally acceptable protocols in Quality Assurance.

'Quality' is an everchanging definition always reflecting excellence in whichever industry or service it is applied to. 'Quality' and consistent performance can be sustained by industry only and only, when the fundamental architecture is synchronised to deliver the warranted result. Such quality first ethos is hard to find and in industry its very easy to fall prey to 'protests' that shun change and clamour static mode in a dynamic market place. Most of the issues start when one is reactionary to seemingly ever changing regulatory demands, proactive somehow is not a mindset identified with compliance. There are no real reasons for this global negative churn but is universally observed in industry approaches. It is always better to align with a medium term thought in readying enterprise to meet the challenges of a dynamic regulation. Having ones own Quality First Programme, defined in-house Quality standards that ramp up the organisation in preparedness to the immediate coming 5 years is a basic tenet to be ahead of the wave.

The statement of readying a 'Quality First Programme' is displayed above and reflects the mind set currently applicable to challenges facing the Ayurved industry. Some of the ideals are universal truths extending themselves to dietary supplements, functional foods and such like allied markets. Fair Trade, Organic sourcing of raw materials, rolling out traceability programme, keeping up with GMP's, understanding pharmacopoeia and its relevance to Ayurved manufacturing and a current product monograph – are some of the highlights the presentation would cover. In Ayurved where basic fundamental research may not offer much viable programmes the creative genius in every enterprise must be honed to development of a set of standards that meet every global regulatory wish. 'Times are changing ...', maybe a realisation but thankfully this change as is seen over the past 3 decades is in slow motion, perfectly viable to keep up and only limited by ones own subscription to Quality First.

The talk would concentrate on giving depth to a Quality First Programme in the hope that it impacts a more accepting mindset towards excellence in Ayurved industry.



## Anand Shrivastava, India

*Chairman 'Maharishi Ayurveda Products' is engaged in Maharishi's envisioned Mission of Re-enlivening Ayurveda by Synergizing with Modern Science, Quality Management Systems & Technologies.*

### Role of Maharishi Ayurveda in Health-Care and Longevity

Maharishiji has given us a very deep insight into the vast field of Ayurveda. Upon seeing it thoroughly we can say that it is nothing but a reminder of the original knowledge of Ayurveda in its holistic form, which was given to us by

Rishis and Maharishis since time immemorial. This full glory of Ayurveda is now known as "Maharishi Ayurveda".

The whole premise of Maharishi Ayurveda lies in living a disease and suffering free life leading to enlightenment. Maharishi Ayurveda considers that Ayurvedic wisdom is for re-enlivening the memory of body functions and re-establishing balance in the whole physiology, using synergy of herbs and various therapies including detoxification, cleansing, Asanas, Pranayama, TM, etc.

Once the balance in physiology is restored, the perfect health as defined by Ayurveda is attained and maintaining that is real Health Care Maharishi Ayurveda is aiming for. This will ensure peak performance of the whole system as per desire and one can enjoy longevity not by just adding years to life but life to years.



**Dr. med. Oliver Werner, Switzerland**

*Director, Maharishi AyurVeda Products Europe BV, The Netherlands*

### **Regulatory challenges facing Ayurvedic products in the European Union**

According to the regulations of the EU, any product designed to be taken in by humans can be either a food or a medicine. Medicines need to be registered with the authorities. For this, documentations showing the effectiveness, safety and pharmaceutical quality of the products need to be presented. Preparation of these is very costly (minimum several 100 000 Euro, but often millions). Therefore, Ayurvedic products until now are generally marketed as food supplements. Unfortunately, here it is not possible to make any claims about effects against diseases. A troublesome issue is the Novel Food regulation, which stipulates that products introduced after May 1997 are "Novel Food" and need to go through a tedious registration process. Fortunately, most Ayurvedic plants have been available in the EU since before this date. All products must be tested for purity. Levels of heavy metals, pesticide residues, bacteriology and fungal toxins need to be within with EU limits. Complying with this regulation is important, as there has been negative publicity about poor-quality products with high levels of such impurities, which creates a very bad image of our science.



**John Fagan, Ph.D. Cornell Univ., USA**

*International Director for Food Purity, Safety and Security, Professor of Molecular Biology, Maharishi University of Management, USA. Exec. Dir. Earth Open Source, USA & EU.*

### **Consciousness Based Health Care: modulating gene expression to achieve system-wide balance and integration through the Ayurvedic modality, Transcendental Meditation**

The core modality of consciousness based medicine, Transcendental Meditation (TM), triggers changes in the expression of specific genes that are likely to be involved in bringing about and maintaining a state of balance and integration in the physiology. Extensive research over a period of more than 45 years has



demonstrated a wide range of beneficial effects of TM on psychological and emotional health and well-being. Consistent with these studies, research has also demonstrated that TM is a useful therapeutic intervention in acute PTSD, depression, and cardiovascular disease, and that health care utilization is reduced in populations that practice TM regularly. The physiological and neurophysiological processes by which TM exerts these effects have also been studied, showing that TM has profound effects on the hypothalamic-pituitary-adrenal (HPA) axis and on other regulatory networks involved in responses to stress. Powerful methods have recently become available that make it possible to simultaneously measure changes in expression of all of the genes in the human genome. These methods have opened up a wide new frontier for research in consciousness, making it possible to explore in full detail the molecular correlates of meditation and of higher states of consciousness. This paper will present the first work completed to date measuring genome-wide gene expression in lymphocytes from experienced practitioners of the TM technique compared to healthy controls matched by age, sex, diet, and tobacco and alcohol use. Microarray analysis identified 74 genes that were differentially expressed in long-term meditators, 18 of which were up-regulated and 56 down-regulated. Micro-array results for selected genes were also confirmed using quantitative real-time PCR. Most of the 74 genes segregate into three regulatory networks having to do with immune function, stress responses, inflammation, tumor suppression, and cell motility, growth, adhesion and differentiation. Genes involved in the stress response, inflammation and cardiovascular disease were generally found to be reduced in expression in subjects who practice TM. In contrast, the levels of expression of two tumor suppressor genes were found to be increased. The observed molecular changes are consistent with the previously reported physiological benefits of regular practice of the TM technique—reduced stress and inflammation, and reduced cardiovascular risk.



**Dr. Sunanda Ranade, India**

*Ayurvedic gynaecologist and nutritionist. Since the past 40 years she is the director of International Academy of Ayurveda, Pune, India and is working in the field of Ayurveda and Yoga.*

### Concept of Immunisation in Ayurveda

Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. As the modern medical researches get advanced the vaccines were introduced.

Ayurveda old science of life has different view regarding immunization. It has given emphasis on keeping the balance between nature and human being. This science believes that Man is the miniature of the Nature. Boosting the immune system naturally is the principle of Ayurveda.

When the Vaccine were not invented medicines like Suvanaprash were working and still are working wonderfully to give support to protect the child from infectious diseases.

Now a days everything is polluted including Air, Water, Food. It is very difficult to protect child and bring him up naturally. But still very few families trying for that.

Side effects of the vaccines is the subject of the research. But the concept of the Ayurvedic immunization is a hope of ray for good healthy generation.



## Asmita Wele, MD (Ayurveda pharmacology), India

*Ayurveda Chair Debrecen, Hungary; Professor at Bharati Vidyapeeth Deemed University, College of Ayurveda, Pune.*

### Ayurveda Bio-inorganicals – Promising New Genre of Medicine

Use of metals and minerals in bio-medicine is not new. Generally metals like Iron, Zinc and Calcium are used as dietary supplements to comply with deficiencies. There are diseases which are linked to deficiency and excess of metals like Copper, Iron, and Selenium etc. In case of intoxication due to unwarranted exposure of Arsenic or overdose of metals like Iron, chelation therapy is prescribed. A report published by WHO in 2000 covers bio-availability studies on approximately 50 inorganic materials which has helped shaping up the latest studies on Bio-inorganicals'.

It is also known that elements like Copper, Iron, Zinc etc. are part of metalloproteins and metalloenzymes. These are involved in many biological functions where in metal-ions are co-factors of the protein or enzyme. Bio-inorganic chemistry is an emerging branch to study role of bio-inorganicals in various disease processes. Hence leads coming from Ayurvedic Rasashastra are worth exploration. The studies on inorganic substances like Money cowrie (*Monetaria monetaria*), Yashada (Zinc), Krishnavajrabharka (Biotite mica) ascertain safety and open doors to different methods of processing inorganic substances and new insights into mechanism of action.



## Prof. Gunvant Yeola, MD, India

*Professor and Head, Department of Kayachikitsa, Dr. D.Y. Patil College of Ayurved and Research Center, Pune; Director – International Academy of Ayurved (IAA).*

### Ayurved for cognition and behavioural disorders

Psychological diseases are characterized by memory loss, unusual behavior, personality changes, and a decline in cognitive function. Indeed, several scientific studies have described the use of various Ayurvedic medicinal plants viz. Ashwagandha (*Withania somnifera*), Turmeric (*Curcuma longa*), Brahmi (*Bacopa monnieri*), Shankhpushpi (*Convolvulus pluricaulis*), Jyotishmati (*Celastrus paniculatus*), Jatamansi (*Nardostachys jatamansi*) and their constituents for treatment of Psychological diseases. One novel method of Nasya, is a practical, non-invasive, rapid, and simple method of drug delivery. A second, simple method of administration involves application of the medicated oil on the body and massaging the areas with gentle or deep hand strokes. Ayurveda also relies on several trans-cranial oleation (Shirabhyanga) therapies for nervous system disorders that are non-systemic and non-invasive. Recent work again points to the possibility that the endothelial cells facilitate the entry of the solutes through the frontal lobe and prefrontal cortex.

*Comparative study to evaluate the efficacy of topical oil application on scalp for memory enhancement* — Purpose of study – This study was based on clinical experiences of topical oil application popularly known as Shiropichu and Shiroabhyanga. This pilot comparative open label clinical study was planned to evaluate effectiveness



of topical oil application on scalp by considering its usefulness for enhancement of memory. Hence, this study was planned for school going children who are normal yet hyperactive, and comparison will be made with normal child with normal activity. Material and Methodology – Group A, N = 15 Participants received topical application of coconut oil. Group B, N = 15 Participants received topical application of medicated coconut oil. Each group was advised to do Shiroabhyanga and Shiropichu alternate days. Memory assessment was done by using Wechsler memory scale at baseline and every thirty days for three months. Conclusion – In conclusion it appears that topical oil application modifies both memory/concentration as well as intellectual functions.



**Robert Verkerk, BSc MSc DIC PhD FACN, UKil**

*Founder, executive and scientific director, Alliance for Natural Health International and scientific director, Alliance for Natural Health USA.*

### The future of Ayurvedic botanicals in the EU

Over 30,000 EU directives and regulations and rapidly escalating EU 'soft law' present serious challenges for Ayurveda in Europe. But can these challenges be overcome by the ever-increasing appetite for Ayurveda among Europeans? Will the burgeoning science confirming Ayurveda's place as among the most relevant approaches to combatting chronic diseases born from Western diets and lifestyles tip the balance? Given the comprehensive failure of the EU Traditional Herbal Medicinal Products Directive in safeguarding Indian systems of medicine, will Ayurvedic food supplements face increasing or decreasing challenges in Europe's partially harmonised markets? Will Brexit provide more opportunities than threats? In his presentation, these and many more questions will be answered by Dr Robert Verkerk, founder and executive director of Alliance for Natural Health International, who has been at the forefront of protecting Ayurvedic botanicals in the EU over the last 15 years.



**Dr. Gaurang Joshi, BAMS, India**

*Director Atharva Multispecialty Ayurveda Hospital, Rajkot; President International Psoriasis Foundation; Chairman Atharva Life Science Academic and Research Foundation.*

### Frontiers of Medicine in Ayurveda Dermatology (Psoriasis)

Tvak(Skin) is just like a mirror reflection and manifesting various type of inner abnormality or diseased condition. In Ayurveda major skin diseases have been classified under the heading of Kustha. It is interesting to note that the number of cases of skin diseases discarded by the modern medical field being incurable when submit to Ayurveda for cure are reported to get considerable relief and in some cases they get completely relief without any recurrence.

Psoriasis(EkKustha) is universal in occurrence which affects about 125 million people worldwide. Psoriasis occurs when the immune system mistakes the skin cells as a pathogen, and sends out faulty signals that speed up the growth cycle of skin cells. Ayurvedic combined modality of the treatment has improved local

control in many clinical situations & its most profound impact has definitely been on improving the quality of life with the help of Diet style and Stress Management according to Ayurveda.



Dr. med. Christian Kessler, M.A., Germany

*Research Coordinator, Immanuel Hospital Berlin and Institute of Social Medicine, Epidemiology and Health Economics, Charité University Medical Center, Berlin, Germany.*

### Comparative effectiveness of Ayurveda and conventional care in knee osteoarthritis - a randomized controlled trial

**Background:** Ayurveda is used to treat knee osteoarthritis (OA) despite limited evidence in international medical databases. We aimed to evaluate the effectiveness of complex multimodality Ayurvedic treatment in comparison to conventional care in OA knee patients.

**Methods:** 151 patients (mean age 61.2 years; 116 females, 35 males) with OA of the knee according to American College of Rheumatology (ACR) criteria were included in a multicenter, randomized, controlled trial and treated in 2 hospital outpatient clinics and 2 private outpatient clinics with a total of 5 physicians and 20 therapists participating. Patients received either Ayurvedic treatment (n=77) or conventional care (n=74) with 15 treatments over 12 weeks. Customized Ayurvedic treatment included specific manual treatments and massages, diet counseling including specific consideration of selected food items, the nutritional Ayurvedic supplements Ashvagandha and Yogaraja Guggulu, general and specific lifestyle advice, knee specific yoga posture advice and introduction to daily self-applied knee massage. Primary outcome was the change on the Western Ontario and McMaster University Osteoarthritis Index after 12 weeks (validated German version). Secondary outcomes included the WOMAC subscales (pain: range 0-50; stiffness: range 0-20; and function: range 0-170); a pain disability index, numeric rating scales for pain and sleep quality, a pain experience scale, a quality-of-life index, a profile of mood index, rescue medication use, and safety issues.

**Results:** Changes of the WOMAC Index from baseline to 12 weeks were more pronounced in the Ayurveda group [mean difference 61.0 (95% CI 52.4; 69.6)] than in the conventional group [32.0 (95% CI 21.4; 42.6)] resulting in a significant difference between groups ( $p < 0.001$ ) and a clinically relevant effect size [Cohen's  $d$  0.68 (95% CI 0.35; 1.01)]. Similar tendencies were observed for all secondary outcomes at week 12. Effects were sustainable at follow-ups after 6 and 12 months.

**Conclusions:** The results suggest that a complex Ayurvedic treatment might be clinically superior to complex conventional care in the treatment of knee osteoarthritis.

**Registration:** The trial was registered at [clinicaltrials.gov](https://clinicaltrials.gov) under NCT01225133.

**Funding Source:** Ministry of AYUSH, Government of India.





### Dr. Keith Wallace, USA

*Founding President, and currently Trustee, Maharishi University of Health Sciences; Co-Dean College of Perfect Health, Professor and Chairman, Department of Physiology and Health, and author of three books.*

#### Microbiom and Ayurveda

In Ayurveda, food is regarded as medicine. Modern research on the human microbiome is helping to give a more comprehensive scientific understanding of this concept. The term microbiome describes the microorganisms that reside within us, as well as the collective genes they contain. The greatest quantity of these microorganisms is located in the gut. Recent research has revealed that large of diseases are affected by the state of our gut bacteria through the gut-brain axis. Diet is one of main factors that can disrupt the gut bacteria and cause a toxic inflammatory state that leads to disease. What is remarkable is that as a result of the research on the microbiome many other important concepts in Ayurveda, such as ama and agni, can now be scientifically understood. This will inevitably lead to a greater acceptance of Ayurveda's profound programs for improving the health of our mind and body.



### Supaya Wenuganen, PhD, USA

*Veda Vyasa award, outstanding research PhD graduate; former Vice Dean for the Faculty of Techno-biology, Atma Jaya University, Jakarta, Indonesia*

#### Can Transcendental Meditation Increase Ojas and Reprogram our Genome and Gene Expression for Longevity?

We have begun to explore Ojas level and global gene expression in groups of practitioners of the Transcendental Meditation technique (TM) compared to matched non-practitioner control groups. We determined Ojas level through pulse diagnosis (Nadi Vigyan) in four groups of participants: Young (20-30 years old) TM practitioners, Young Non-TM controls, Older (55-70 years) TM practitioners, and Older Non-TM controls. We measured the global gene expression profile of about 40,000 genes probe from blood cells using the Illumina DNA microarray system, validated the expression of key genes using real-time PCR, and examined for anti-aging effects of TM. Finally, we analyzed the correlations between Ojas level and level of gene expression for specific genes.

The results of our studies showed that the TM subjects in both the young and the older groups had higher levels of Ojas than their respective controls. Global gene expression results suggested that TM can affect global gene expression in a manner consistent with its many clinical and anti-aging benefits documented in previous research. TM appears to down-regulate genes involved in blood coagulation and the stress response, and to up-regulate genes involved in the immune response and genes involved in mechanisms preventing inflammation.

A quantitative analysis (using qPCR) of expression of select genes found that AHSP and CXCL10 genes may be biomarkers for a TM effect. The data suggest that AHSP gene expression is regulated through an epigenetic mechanism, while CXCL10 expression may be regulated by genomic reprogramming during long-term TM practice. Two other genes (ITGB5 and SOCS3) appeared to be biomarkers for a TM-induced anti-aging effect. Finally, we found that expression of two genes correlates with Ojas level.

These findings suggest the TM program can influence Ojas level and can reprogram gene expression to create major benefits for maintaining good health into old age.



**Robert H. Schneider, M.D., F.A.C.C., USA**

*Physician, scientist, educator, and one of the world's leading authorities on scientific, natural approaches for heart disease, high blood pressure, stress and other cardiovascular risk factors.*

**Holistic Approach to Mind-Body Anti-Aging: Based on Maharishi AyurVeda**



**Dr. phil. Malte Hozzel**

*Founder of AYUS GmbH - Oshadhi GmbH / Germany - Ayus Tunisia - companies for high quality organic essential oils and associated products from worldwide origine. Aromatherapy lecturer and founder of Orto de Prouvenço, Aromatherapy training Center of intl. reputation in High Provence / France.*

**Use of essential oils as anti-microbial allies**



**Dr. Bevan Morris, USA**

*President of Maharishi University of Management in Fairfield, Iowa, USA.*

**Concluding Remarks**



## Scientific Research Presenters



Dr. Rohit Sane, India

Hridroga and Ayurved Management

**Objectives:** The present study was designed to evaluate effect of heart failure reversal therapy (HFRT) using herbal procedure (panchakarma) and allied therapies, as add-on to standard CHF treatment (SCT) in chronic heart failure (CHF) patients.

**Methods:** This open-label, randomized study conducted in CHF patients (aged: 25-65 years, ejection fraction: 30-65%), had 3-phases: 1-week screening, 6-week treatment (randomized [1:1] to HFRT + SCT or SCT-alone) and follow-up (12-week). Twice weekly HFRT (60-75 min) consisting of snehana (external oleation), swedana (passive heat therapy), hrudaydhara (concoction dripping treatment) and basti (enema) was administered. Primary endpoints included evaluation of change in metabolic equivalents of task (MET) and peak oxygen uptake (VO<sub>2</sub>peak) from baseline, at end of 6-week treatment and follow-up at week-18 (non-parametric rank ANCOVA analysis). Safety and quality of life (QoL) was assessed. Results: Seventy CHF patients (n = 35, each treatment-arm; mean [SD] age: 53.0 [8.6], 80% men) were enrolled in the study. All patients completed treatment phase. Add-on HFRT caused a significant increase in METs (least square mean difference [LSMD], 6-week: 1.536, p = 0.0002; 18-week: 1.254



Dr. Donn Brennan, Ireland

Can Ayurveda save the NHS?

Chronic Disease is increasing with an ageing population and with the successes of modern medicine. The increasing burden on the National Health Services is becoming unsustainable. Treatment needs are exceeding resources. Ayurveda has the capacity to greatly reduce this burden on the NHS.



Ram Shrivastava, India

Maharishi AyurVeda – Sustainable Practices and Differentiators

Maharishi Ayurveda Products founded in 1986 by His Holiness Maharishi Mahesh Yogi was the first of its kind manufacturing facility for authentic Ayurveda products prepared according to Vedic Scriptures and tested/validated by modern science for acceptance in the western world.

In its eventful journey of over 30 years amongst the complex regulatory environment governing medicine/food supplements internationally, Maharishi Ayurveda has been pioneering innovation and sustainable practices and has emerged as a shining example of purity, efficacy and persistence in providing high quality safe and standardized Ayurveda products.

Story of a Maharishi Ayurveda Product from Farm to Table is a very special journey that involves transformation of the infinite power of Nature into usable forms for Human betterment in an environmentally responsible way. This drives the management for continuous improvement and differentiates the Maharishi Ayurveda approach from any other.



**Dr. Anil Patil, India**

### The Futuristic Medicine – Sanyukta Upchar Padhati

SUP – Learning from the past, examining the present & advancing to the future.

SUP is defined as a Healing Oriented Medicine that takes into account the person as a whole (body, mind & spirit ) including all aspects of lifestyle.

It is estimated that almost a billion people in the World, continue to use complementary medicine.

Major domain of Sanyukta Upchar Padhati mainly includes Ayurveda and Panchakarma and moderately Yoga, Naturopathy, Allopathy, Acupuncture, etc.

SUP has been proved successful in treating diseases like Infertility, all types of musculoskeletal disorders, skin disorders, digestive and respiratory disorders, many uncommon disorders and also illnesses that are untreatable, using only conventional medicine.

SUP has been used in Vedicure Wellness Clinics and Hospital, since the last 25 years, treating more than 2 million patients, with over 80% success rate.

SUP has been very useful in bringing traditional medicine like Ayurveda, Panchakarma, Yoga, etc. into the mainstream medicine.

Doctors in great numbers are getting convinced to use SUP for treating various disorders all over India.



**Dr. Sanchit Mishra, India**

### Epistemological differences between Ayurveda and Modern Sciences: a much needed study

One of the major issues that are preventing Ayurveda to contribute to the healthcare needs of the world is the expectation that Ayurvedic medicinal preparations must adhere to the western standards of pharmaceutical parameters.

The aim of this communication is to make the policy makers understand the problems that could be solved by the simple understanding of the differences in epistemology. Further, this specifically points at the need for the acceptance of Ayurvedic epistemology by the western governments.



Ayurveda and Western medical system have dissimilar ideas of institutionalization. The definition of standardization is not restricted to the chemical composition of the drug. Rather, the disease identification in Ayurveda occurs through the study of patient's bodily constitution and the problems expressed by the patient. Hence, we have a patient-specific strategy of healing, and treatment therefore, is personalized.

Now, what is required is that we have to bridge the gap between Ayurveda and the current sciences and bring up an adequate appreciation for the epistemological principles and construct an environment that takes us more close to the common sense and wisdom of Ayurveda.



Dr. Pooja Sabhrawal, India

Cancer and epigenetics interrelationship in prevention and cure

"Epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself". Quite simply, you can turn certain genes off or on depending on lifestyle choices. So even though you might have a gene that predisposes you to a disease such as cancer. You have the power to turn the expression of these 'bad' genes off through nutrition and lifestyle choices. Our modern world contains many opportunities for becoming toxic which affects us at the molecular level causing changes in our gene expression. Toxicity comes from many sources: our environment, food, water, skin products, cleaning products, radiation, heavy metals, and most importantly our thoughts! Ayurveda has been around for thousands of years and it has always emphasized that lifestyle and environment are the keys to health and prevention of disease! Ayurveda teaches you to eat for your constitution for optimal digestive health and wellbeing. Ayurveda is all about prevention so you can keep those 'bad' genes from expressing themselves. Ayurveda teaches how to get rid of disease once it is manifested in body.



Dr. Chandar Shekhar Kaushik, India

Epigenetics and ayurvedic embryology

When patients hoping to conceive a happy and healthy child visit an expert in Ayurveda — they are sometimes told to follow a surprising set of orders. If either the man or woman feels thirsty, hungry, sad, angry, or afraid, the couple is told, they should forgo any potential baby-making activity. Only when happy, satiated, and feeling connected to one another should they bathe, dress in fresh white clothing, apply particular oils to their bodies — and then proceed.

To most people with a passing understanding of DNA and heredity, all that prep work may sound utterly absurd. But a fast-growing field of science, known as epigenetics, strongly suggests that what we experience, consume, and encounter from the moment we are conceived matters. Epigeneticists study molecular changes including DNA methylation, the technical term for the way that our environments and experiences

can subtly alter our gene activity. The genes turned "on" and turned "off" when we are exposed to certain chemicals, man-made poisons, or — perhaps most surprisingly — emotional experiences, can make us more or less susceptible to particular health problems.



**Prof. Stefan Lagrosen, Linnaeus University, Sweden**

#### The Transcendental Meditation technique and workplace health promotion – review of research and conceptual analysis

Large amounts of research have shown that workplace health is heavily influenced by social and relational factors. In particular levels of stress and control as well as sense of coherence have been found to be vital. Moreover, research has indicated a relationship between quality management practices and workplace health. In this context dimensions of health promoting quality management have been identified. On the other hand, research has indicated positive effects of the Transcendental Meditation technique on several social, relational and psychological factors.

The purpose of this paper is to examine the relevance of the Transcendental Meditation technique for workplace health promotion. The paper is conceptual to its character. The foundation is a review of the research on workplace health promotion and on the connection between quality management and health. The factors identified in this review are then compared to research on the Transcendental Meditation technique in order to identify possible connections. On this basis, the possible relevance of the Transcendental Meditation technique for workplace health promotion is assessed.



**Associate Prof. Yvonne Lagrosen, University West, Sweden**

#### Ayurveda for workplace health – a qualitative study

Studies indicate that workplace health is deteriorating in the Western world. Despite recent advances in medicine, traditional health care has difficulty handling this problem. Aspects such as stress, lack of control and insufficient leadership have been identified in many research studies as decisive for employee health. A more holistic approach to health may be needed to handle these problems. Simultaneously, the interest for Ayurveda is increasing in the West related to the upsurge in the practice of yoga. Research has indicated that Ayurveda is a simple and cost effective way of preventing health problems. The purpose of this paper is to explore the effects of Ayurveda on workplace health. An empirical study is carried out based on qualitative methodology. In-depth interviews are carried out with practitioners of different aspects of Ayurveda. The findings from the interviews are related to previous research on workplace health promotion in order to identify which aspects of Ayurveda are effective for improving health in the workplace and under what circumstances.





Dr. Mahesh Birla, India

CADRM (Coronary Artery Disease Reversal Management) Successful case studies by Ayurvedic Management



Dr. Vijay Potdar, India

Role of Yoga Basti in Shwas (Bronchial Asthma)

Respiratory disorders are the major priority area worldwide. Pakwashay samutha shwas i.e. Chronic Asthma due to disturbances of Apan Vayu functions, Irregular bowel, Constipation or Lower GIT discomfort.

Research study was done by treated with Yog Basti (Medicated enema) especially. Clinical trials were taken sorted in 3 groups. 1) Tt by Alopah physician 2) Tt. by Ayurved physician & Tt. with Yog Basti @ Govt. Ayurved hospitals Nanded, M.A. Podar hospital, worli, Mumbai. Results r seen significantly. Details of observations, validated results, conclusions will be presented in Ayurved congress London.



Dr. Ambika Prasad Nayak, India

Ayurveda Panchakarma Treatment for Low back pain w.s.r. to PIVD – an evidence based practice

**Introduction:** Low back pain is a symptom of different diseases or physical and physiological changes around the lumbar spine. Prolapsed intervertebral disc (PIVD) is a reason behind low back pain. The rapidly changing lifestyle leaves PIVD as a disorder or the complication of another disease. The change in food habit helps getting the problem worse. Modern medicine has some limitations regarding food habit and life style, while Ayurveda is a treasury of invaluable information about these and alternative health practice. Excessive indulgence in travel, computer, luxurious bed, mechanical support for all activities help loosing stamina and stability of neuro-muscular activity leading to spine compression. PIVD is compared with Kati Vata in Ayurveda. Treatment was conducted according to the basic principle of Ayurvedic treatment for Vata roga.

**Patients and methods:** Thirty patients at the OPD of Astang Ayurveda were selected randomly from the OPD of Astang Ayurveda Hospital, Bhubaneswar adopting specific exclusion and inclusion policy who were diagnosed as PIVD (from non traumatic and non pathogenic origin) by modern orthopedic surgeons, suggested for spinal surgery. The total patients were divided into two groups...

Dr. Madhu Pandey, India

Yoga and Ayurved - a boon for Women Health



Dr. C.B. Singh, India

Prevention for diabetes

**Background:** My aim was to prevent diabetes mellitus t2dm because I had lost elder brother, mother, and two maternal uncle due to t2dm. So I had established diabetes prevention club in 2000. First I had enrolled 20 persons who were related to diabetic family. All were 32 to 42 years old .

**Methodology:** Selected persons were married, 14 males and 6 females. Club had made some guidelines to be followed by each members. Monthly check-up on last sunday of every month - body weight, bmi, bp, bs ( fasting & pp ) discussion about diet regimen (fats, rice, meat, gap between two meals, calorie intake), day regimen, night regimen, seasonal regimen, know about bad habits, addiction, disease like pancreatitis, thyroid problem. Exercise - 150 minutes / week or 30 minutes / day or 2 minutes / hour, yoga regularly. Glycated hemoglobin lipid profile check -up every six months. Whole body check-up every year. Members were guided for (p3) polyuria, polydipsia polyphagia.

**Results:** After six years two persons developed prediabetic symptoms both.



Dr. Midori Shoji, Japan

About the Bishow qiqong healing handled by life-energy (Qi) and the Miracle eight methods

The Japanese words corresponding to "Qi" are energy, life, and breathing, expressions related to holistic healthcare that has an equivalent meaning exist all over the world.

For example, chakra or prana in India, Mana in Hawaii, Lun In Tibetan Buddhism, and even in China it is said as a "Qi".

Bishow qiqong healing with this "Qi" in its center, will be carried out using oriental medicine approach, and western medicine approach.

"Bishow" refers to "Living laughingly beautifully" in a KANJI.

The Bishow qiqong healing methods, which are simple 8 procedures that can be performed by anyone were named the "Miracle Eight Methods".

From the first procedure the practitioner shares with the recipient an area of energy and "waits until the frequency is fit", it was added a "process until the practitioner is tuned to the recipient".



Practitioner and receiver tune and resonate, by sharing the area, it does not loosen the recipient's strained nerves and body, but the practitioner himself locates without unreasonable unnecessary movement.

This "process of area sharing, tuning and resonance" is a feature of Japan's Japanese culture- ..... "Harmony"(Chouwa)characterizing one of "WA"-Japanese culture is also reflected. (...)



### Dr. Pavitra Saran, India

To evaluate the efficacy of Vishnutaila Nasya in the management of Ardita W.S.R. to Bell's Palsy

'Prajnaparada' is considered to be the chief cause for the manifestation of any disease process as per 'Charaka Samhita'. Not following 'Dinacharya' & 'Ritucharya' can be considered under 'Prajnaparada'. The 'Doshas' which have accumulated in the 'Shiras', which were not eliminated habitually by following 'Dinacharya' & 'Ritucharya' cause diseases like 'Ardita'(Bell's Palsy), when they get a favorable environment. In such a condition we will have to use the same 'Nasya' procedure with a higher dose of medication. "Nasahi Shirasodwaram", the systematic performance of Nasya Karma helps in alleviating the symptoms of most diseases of the head and neck. 'VishnuTaila' mentioned in 'Bhaisajya Rathnavali', Vata Vyadhi Chikitsa is indicated for Ardita. A sincere effort was made to use VishnuTailam as Nasya in Ardita patients, and thereby restoring their quality of life with physical and mental health. The whole study has been distributed into two major divisions - the conceptual study & the clinical study. The conceptual study is grouped into a literary review and the clinical study contains the Observations, Results, Discussion, Conclusion and Bibliography.



### Geetanjali Ranade, India

Effect of Olfaction in health and disease

Olfaction, an ability to smell is very vital for survival. In animal kingdom, odour helps to find prey, to sense danger, to attract mate, to reach offspring and many more. Human beings also use sense of smell for various industrial as well as commercial applications. In day to day life, faculty of smell alarms about some dangers as fire, gas leakage etc. They also use sense of smell as a feel good factor. The world of fragrances in human kingdom is filled with all daily used commodities with smell of their choice.

The sense of smell and its interpretation in brain lead to the science of Aromatherapy (Gandhachikitsa). The way particular odourous molecules interact with center of olfaction, the effect in emotions is observed. As the effect of smell is studied and is used for disease control and care, it is also possible to use 'smell' for the diagnosis of diseases where brain and neurological control is involved. Odour threshold, odour discrimination and odour identification can be used as non invasive marker for certain diseases. Parkinson's disease, Alzheimer disease, ADHD (Attention Deficit Hyperactivity Syndrome), are few examples where olfaction may be used as a diagnostic/ prognostic marker.

## Dr. Priyanka Ganpat Chorge, India

### Panchabhautik Approach to Maintain Brain Health

With the advancement of technologies in the modern-day digital era, lifestyle changes are predominant. These technologies put both physical and mental health under considerable stress. Frequent cases of Burnout, Stress, Depression, Anxiety and Autism are the major health problems faced by today's medical practitioner.

Ayurveda prescribes more than 900 drugs and various forms of medicines to monitor and maintain the health of both brain and mind – the constituents of mental health. It is important for an Ayurveda practitioner to properly analyze the mental disorders and then prescribe the correct medicine. With a wide range of medicines, the selection of right medicine at the right time to maintain a healthy brain is in itself a big study.

The theory related to the Panchamahabhutas i.e. the 5 basic elements – Ether, Air, Fire, Water and Earth, makes it easy to understand and analyze the Doshas, the symptoms, state of the brain and the choice of the perfect medicine to pacify the Doshas and subsequently the disorder. Application of Panchabhautik principle to select the form of medicine and its action on disease accordingly will be discussed in detail.



## Dr. Sarvapreet Singh, India

### Brain health - an ayurvedic perspective

Brain health refers to the ability to remember, learn, plan, concentrate and maintain a clear, active mind. Ayurveda has mentioned the concept of Dhi, Dhriti and Smriti which is clearly related to this as:

- Dhi means learning and comprehension
- Dhriti means processing and retaining knowledge
- Smriti means memory or recall

Acharya Charka has clearly mentioned that if these three factors get deranged, then a person does unhealthy and inauspicious deeds which is termed as Prajna apradh. And this is the foremost reason of any kind of physical and psychological disease manifestation.

In order to achieve the balance of Dhi, Dhriti and Smriti, Ayurveda has mentioned the concepts of diet, sleep and lifestyle which will be discussed in detail, during presentation of full paper, with their relevance in modern times and also there will be emphasis on Ayurvedic herbs, medicines and Panchkarma procedures to utilize and achieve the maximum potential of Brain health.





Dr. Badekila Sathyanarayana, India

A scientific evaluation of Hiranyapraash TM an ayurvedic nanomedicine to revive ayurvedic concept of Swarnaprashana to boost natural immunity in children

Swarna Prashana explained in ancient literatures of Ayurveda which enhances the healthy status of child. Hiranya PraashTM is a patented, research product designed and developed by Dr. Krishna Life Science Ltd., Manipal. It is safe, natural rejuvenative with the power of gold. Pure gold is processed with selected organic, bio-active herbs by using patented techniques. An assessment of Cell mediated immune function by delayed type hypersensitivity (DTH) test proved immune stimulant activity of Hiranyapraash. Survey was carried out in various centres related the institution and hospital. 104 children randomly assessed for clinical study. 2 drops of Hiranyapraash™ administered to the children below the age group of 5years and 4 drops administered above the age group of 5 years. The survey and clinical assessment was done and data obtained was analyzed statistically. It is found to be Hiranyapraash™ is beneficial in preventing the respiratory manifestations and beneficial in increasing the appetite of children. Analysis of data on behavioural assessments shows high statistical significance in parameter school work performance and subject understanding ability.



Dr. Ajit Singh, Australasia

Treating Mental Illness - Ayurveda's integrative approach



Dr. Stuart Rothenberg, USA

How Modern Biomedical Science is Discovering and Validating Core Ayurvedic Principles of Health and Prevention

Serious issues confronting modern medicine-including staggering costs, increasing prevalence of chronic disease, and incidence of deleterious side-effects-are fueling a growing interest in preventive and integrative medicine in the West. In accord with this trend, biomedical researchers are increasingly focusing on diet, lifestyle, and mental factors (e.g., stress) as the most important determinants of health and longevity. Recent studies suggest that 75% of medical costs result from these factors, all of which are potentially modifiable. As the world's oldest system of holistic and preventive medicine, Ayurveda is a rich repository of time-tested principles for maintaining and promoting health. It is not surprising, therefore, that modern researchers in disease prevention and health promotion are increasingly discovering and validating time-honored

principles from Ayurvedic medical science. This presentation will provide an overview of several of these discoveries and the research findings that support them—including research in the areas of nutrition, digestion, lifestyle medicine, and neuropsychology—and how these findings are leading to improved healthcare for patients.



Dr. Amrapali Patil, India

#### Ayurveda in Obesity Management

No more is obesity considered just a cosmetic condition, for, WHO recognises obesity and being overweight, both, as medical ailments. The current cause of concern is that these have reached an alarming level across the globe, so much so that, WHO calls such an increased proportion of obesity as 'globesity'. This high prevalence could be due to the non-medical and reductionist (as against holistic) approach towards obesity. Such a casual approach results in the lost weight being regained in the first six months itself. This is where Ayurveda comes in the picture, in the management of obesity.

Certain Ayurvedic herbs help reduce appetite, prevent absorption of fat from the diet, increase basal metabolic rate etc. whilst certain Ayurvedic therapies such as lekhan basti, udhvartanam also enable weight loss etc. Clinical studies have depicted that such herbs and therapies are safe and efficacious in the treatment of obesity. Moreover, these tend to lead to a significant loss of weight or inhibition and or prevention of weight gain. Additionally, no significant adverse effects or mortality are observed and thus these are found to be effective in the management of obesity.

Considering such natural Ayurvedic herbs and therapies in the therapy of obesity, would help open a novel approach for new safe and effective management of this serious medical condition.



Dr. K.V. Dilipkumar, India

#### Ayurveda psycho therapeutic practice - experiences and experiments





Dr. Venkta N. Joshi, UK

#### Food medicine in Ayurveda as practised in UK

Ayurveda's first pillar in tripod health is dietetics or Ahara in Sanskrit, which eventually continues in to life style variations in consideration to one's own sensory mind health for better sleep patterns to positive mind behavioural health. considering the value of nutrition from non conventional point of view is to understand its strength from inner core for taste mediated food map developments which eventually support the theory of better nourishment to renovation of tissues thus promotion and longevity in consequence.

observations made through the period of over decade in Tooting pharmacy, in south London is the basis for developing such theory in relationship to one's own taste thresholds for Ayurveda recipes, in contrast to any creed, sect, traditions of multi cosmetic society like in London. presentation will be discussing on issues of general health to build up of immune modulation through Ayurveda nutritional health care.



Dr. Sachin Kotalgaonkar, India

#### Panchakarma for Vata disorders

Vata/Vayu/Air is an element/dosha responsible for the movements. Vata causes the motility/movement and the movement affects the vata. In today's fast moving world, everybody seems to be restless and aspires for higher energy, peace and stability. Panchakarma is the unique approach to enable one achieve the same in very natural manner. Panchakama includes Vamana (Medicated emesis), Virechana (Medicated purgations), Basti (Medicated enemas), Nasya (Nasal administration of medicines) and the Raktamokshana (Blood letting).

Out of these, each panchakarma is used as per the disease condition (eg. Virechana is suggested as the best treatment in Pakshaghata/Paralysis - a Vata disorder while Basti is suggested as the best treatment in Katigata Vata janya shotha/Lumbar Spondylitis).

Panchakarma stand to be a highly unique approach in mankind's history to deal not only with the Vata Disorders but also with the various other bodily issues, to have rejuvenation and to have longevity of the life span increased.



Dr. Pradeep K Kurunhikattil, India

#### Association of life style and prakriti in the causation of diabetic retinopathy in diabetic patients

Diabetic retinopathy is a chronic progressive, potentially sight threatening disease of the retinal microvasculature associated with the prolonged hyperglycemia. The prevalence rate of diabetic retinopathy in type 2 DM was reported as 34.1% from south India. The presence of diabetic retinopathy is directly proportional to the duration of diabetes<sup>1</sup>. Ayurvedic science is unique and has stressed the importance of life style.

Modifying the life style will surely help in controlling diabetes. By modifying the life style of diabetic patients we can delay or control the occurrence of diabetic Retinopathy. In this study diabetic retinopathy patients was selected and questionnaire prepared with a focus on life style which may possibly effect the visual health adversely according to ayurvedic samhitas. The study was an observational study, 50 cases of Already diagnosed diabetic retinopathy patients was selected and their ahara and vihara was assessed using the questionnaire prepared keeping in focus of Achakshushya life style according to ayurvedic samhitas. Similar 50 diabetic paientns without retinopathy was selected and their life style assessed using the same questionnaire and compared.



#### Dr. Aditya Jahagirdar, India

Effect of Yoga postures, Pranayama and yogic kriya along with change in food habit (wholesome diet) as mentioned in Ayurved for IBS (Irritable Bowel Syndrome)



#### Dr. Supriya Gugale, India

Study of Importance of six procreative factors (Shadgarbhkarabhavas) in antenatal care to improve the gestational age at birth

**Background:** Pregnancy is a unique state of physiological stress. Studies show that very high level of stress contribute to an increased risk of premature delivery or low birth weight babies, increase heart rate and blood pressure.

Recent evidence suggests that pregnancy specific stress viz. maternal fears and anxiety related to the outcome of the pregnancy, the experience of labor, the ability to care of a new infant and the health and well-being of the infant may be an important independent construct in a comprehensive assessment of stress exposure and its relationship to shortened gestation.

**Material & Methods:** 435 women of 18 to 28 weeks of pregnancy attending the antenatal clinic at Tanushree Garbhsanskar Kendra, Pune and Neel clinic, Panvel, Navi Mumbai, India were enrolled between in non-randomized, matched, interventional study. Out of which 210 women were enrolled in study group and 225 in control group.

Holistic antenatal care includes Physical, Mental & Spiritual Care.

1. Stress management through Rajayoga Meditation (as taught by Brahma Kumaris)
2. Nutritious & Satvik food
3. Antenatal physical & breathing exercises

The conglomeration of these procreative factors (Shadgarbhkarabhavas) (...)





### Dr. Gita Moghe, India

#### Study of dietary habits in school girls with respect to incidence of early menarche

**Introduction:** As an outcome of fast pace of modern era, age of menarche in young girls is observed to be at early age. Many of them are found to attain menarche even at the age of 9-10.

**References from Ayurveda:** As per Sushruta 12 years of age can be considered as usual age of menarche, however specific nutritive diet & perfect health can lead to early menarche. Scientist all over the globe also accept that improved nutrition has dropped the age of menarche. In this study a survey method was adopted to find out the dietary habits in school girls who have attained early menarche.

**Aims & Objectives:** To study the dietary habits in school girls with respect to incidence of early menarche.

Analysis of dietary substances according to ayurvedic concept of 6 tastes. To study its relationship with parameters like Agni, Prakriti.

**Materials & Methods:** Study was carried out in Pune in 5 schools.

**Conclusion:** Multidimensional co-relation between Prakriti, Agni & Age of Menarche are analysed along with 6 tastes (Rasa Kalpana). It is observed that 60% of girls with Pitta dominated & Kapha Anubandhitwa Prakriti, when they take more of sour, salty & spicy foods it leads to Vishamagni & further is responsible for early menarche.



### Dr. Salim Mulla, India

#### Efficacy of Panchakarma in Endocrinopathies

This is a single blind randomized observational study on patients suffering with endocrine disturbances like, PCOD, anovulation - oligovulation & oligospermia, vitiligo, diabetes mellitus II. The study was carried out on thirty outdoor patients taking regular ayurvedic medicinal treatment as per disease. Patients were treated with panchakarma treatment vaman, followed by bastikarma after one month. Results noted in terms of improved maturation of ovarian follicle with establishment of regularity of menstrual cycle in PCOD & oligoovulation patients, improved sperm counts & motility alongwith other parameters of semen in oligospermia. In vitiligo reduction in area of depigmentation, In patients with diabetes mellitus II, good control of BSL with improvement of associated symptoms noted. The results of internal medications were aggravated with vaman & basti treatment. So vaman & bastikarma are very effective in endocrinal pathologies like PCOD, anovulation - oligovulation & oligospermia, vitiligo, diabetes mellitus II. This might be due to neuro-immuno- hormonal homeostasis & HPO axis regularisation. **Keywords :** Ayurvedic panchakarma, vaman, bastikarma, endocrinal disturbances, significantly effective.



## Ratnaprabha Nale, India

### Role of stress in skin health

**Purpose:** Nowadays many skin problems are there. causes of skin problems may vary according to person. But if skin is good it boost your confidence and thereby health too. So ayurveda guide us not only to treat symptoms but to treat root cause. In this prevention is most important thing told in Ayurveda.

**Method:** By selecting patients with different types of skin problems, we divide groups in bacterial infection, viral infection, other.

Patient treated symptomatically and cure for that time, but some of them found to be facing repeated skin problems so treated them for immunity enhancement and in that some get cured but still group of patients remain untreated fully. So we treated them for stress management n anti stress treatment like internal medication, meditation and yoga. Other group without symptomatically we treat for stress management directly.

**Results:** Last group who only treated with stress management are found to be cured faster and no recurrence was there.

So stress has major role in skin health.



## Dr. Pragya Singhal, India

To study the Efficacy of Ayurvedic Management (combination of Arogyavardhini Vati and Rohitak loha) in the treatment of Yakrittroga vis-à-vis Nonalcoholic fatty liver disease)

**Background:** Non-alcoholic fatty liver disease (NAFLD) is a life style disorder, ranges from simple steatosis to nonalcoholic steatohepatitis (NASH), leading to fibrosis and potentially cirrhosis, and it is one of the most common causes of liver disease worldwide. NAFLD is associated with other medical conditions such as metabolic syndrome, obesity, cardiovascular disease and diabetes. Mechanisms involved in the pathogenesis are associated with diet and lifestyle, influx of free fatty acids to the liver from adipose tissue due to insulin resistance, hepatic oxidative stress, cytokines production, and reduced very low-density lipoprotein secretion. Weight loss through improved diet and increased physical activity has been the cornerstone therapy of NAFLD in allopathic system of medicine.

**Aim of Study:** The objective of this article is to briefly review the pathogenesis and management of Non-alcoholic fatty liver disease as per Ayurveda in order to aid clinicians in managing these patients.

**Material and Methods:** This Prospective, controlled, randomized, single blind, parallel design, clinical study conducted at Ch. Brahm Prakash Ayurved Charak Sansthan, New Delhi. (...)





Rajlakshmi Ramesh, India

### Ayurveda in irregular menstruation

One of the major challenges faced in women's health today is PCOS, PCOD and unexplained infertility.

PCOS is the most common endocrine disorder among women between the ages of 18 and 44. It affects approximately 2% to 20% of this age group depending on how it is defined. It is one of the leading causes of poor fertility. PCOS mostly produces Oligo menorrhea (few menstrual periods) or amenorrhea (no menstrual periods), and this is where Ayurveda plays a significant role to regulate periods among such category of women.

The general age group of the patients will be between 17 to 37. The main criteria for these patients to resort to Ayurveda is the prescription of contraceptive pills in modern medicine to regulate their periods. Most often, they are worried about the long term side effects of the pill although it helps regulate their periods. This is where Ayurveda plays a pre dominant role in today's modern world and is a boon to these women since it not only regulates their periods, but also helps them in infertility treatment thereafter.

Chakrapani in his texts clearly states that loss of aarthava(menstruation) is due to aggravation of vayu. Therefore our basis of treatment is to treat the factors responsible for derailed / aggravated vata. All our patients go through detoxification procedure followed by tailor made diet plan to be followed with course of medicine which will be prescribed to them. The response to the treatment are recorded and therapeutic effects are evaluated by symptomatic relief and through Scans and LH, FSH hormone levels. The results revealed that, oligo menorrhea/amenorrhea and subfertility due to PCOS can be cured successfully by using this Ayurveda treatment regimen.

Patients with PCOS approach you for medication that works efficiently and safely to regulate their cycle and I can confidently say yes Ayurveda has miracle drugs like Shatavari, Triphala, Alovera, Shatapushpa to their regulate cycle. (as the sloka states shatapushpaa shataaveeryouy syathaam thathaamrtham yatha- ). Stress and sedentary life style adds up to the severity of PCOS/PCOD leading to infertility particularly in this part of the world. We therefore integrate Yoga within our treatment plan and advocate medication to alleviate stress and therapeutic yoga classes to work on obesity which is common symptom seen among these patients. The maximum time taken to regulate periods on our patients is 3 to 5 cycles, but most often 60 percent of our patients have seen results within 2 or 3 cycles.

Essentially PCOS should be taken care in its beginning itself. But most of the time it is diagnosed only in later period or else it is neglected that it is a minor health complaint or simple menstrual irregularity. Early detection and immediate attention will help to curb the disease as well as to avoid the complications like infertility.



### Dr. Pradeep Kumar Sharma, India

#### A clinical observational study on patients of Celiac Disease - Qualitative and Quantitative Analysis

New age brought new diseases. Celiac Disease is one of these condition - where wheat (a main food portion which contains Gluten) which was Satmya to us became intolerable. For management of CD Gluten Free Diet (GFD) is the only answer. GFD is hard to follow specially among young age patients, where prevalence of CD is more and increasing too.

There should be something for this problem in Ayurved, in terms of approach (Sutra) and treatment (Chikitsa Sutra), not necessarily directly something about the allergy to wheat.

A clinical approach oriented on Mandagni, use of new wheat and treatment was planned with reference to Pandu. This study was done on 40 Patients (28 female and 12 male) all were observed for signs and symptoms, tTG IGA-Hb and LFT levels.

Results are encouraging in patients, qualitative as well as quantitative and wheat was started in with certain restrictions and there were no sensitivity or signs-symptoms appeared again. This clinical observation emphasizes that if we follow approach of the science (Ayurveda) we can have far better clinical results with different diseases, rather than development of some products. Ayurveda need more approach based work to develop more treatment modules.



### Rahul Kumar Singh, India

#### Management of spinal disorders by Panchakarma & Marma Chikitsa

Spinal disorders now a days are emerging as major lifestyle disorders due to sedentary lifestyle, tobacco consumption, etc. It includes back pain which occurs due to improper lifting of weights, poor postures which results into following conditions like Spinal canal stenosis, Lumbar scoliosis, etc. These can be managed by Panchakarma & Marma chikitsa like Kati basti, Naadi basti, Patra pottali pinda sweda, Baluka sweda, Greeva busti, Sarvanga taila dhara, etc. Marma chikitsa also plays a vital role in spinal disorders apart from Panchakarma. 14 marmas like Kukundar Marma (on the loins on either side of posterior superior iliac spine), Nitimba Marma, Brihuthi Marma. Thus there are useful for the management of spinal disorders.





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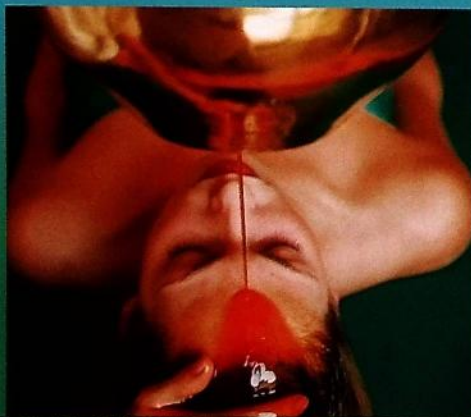
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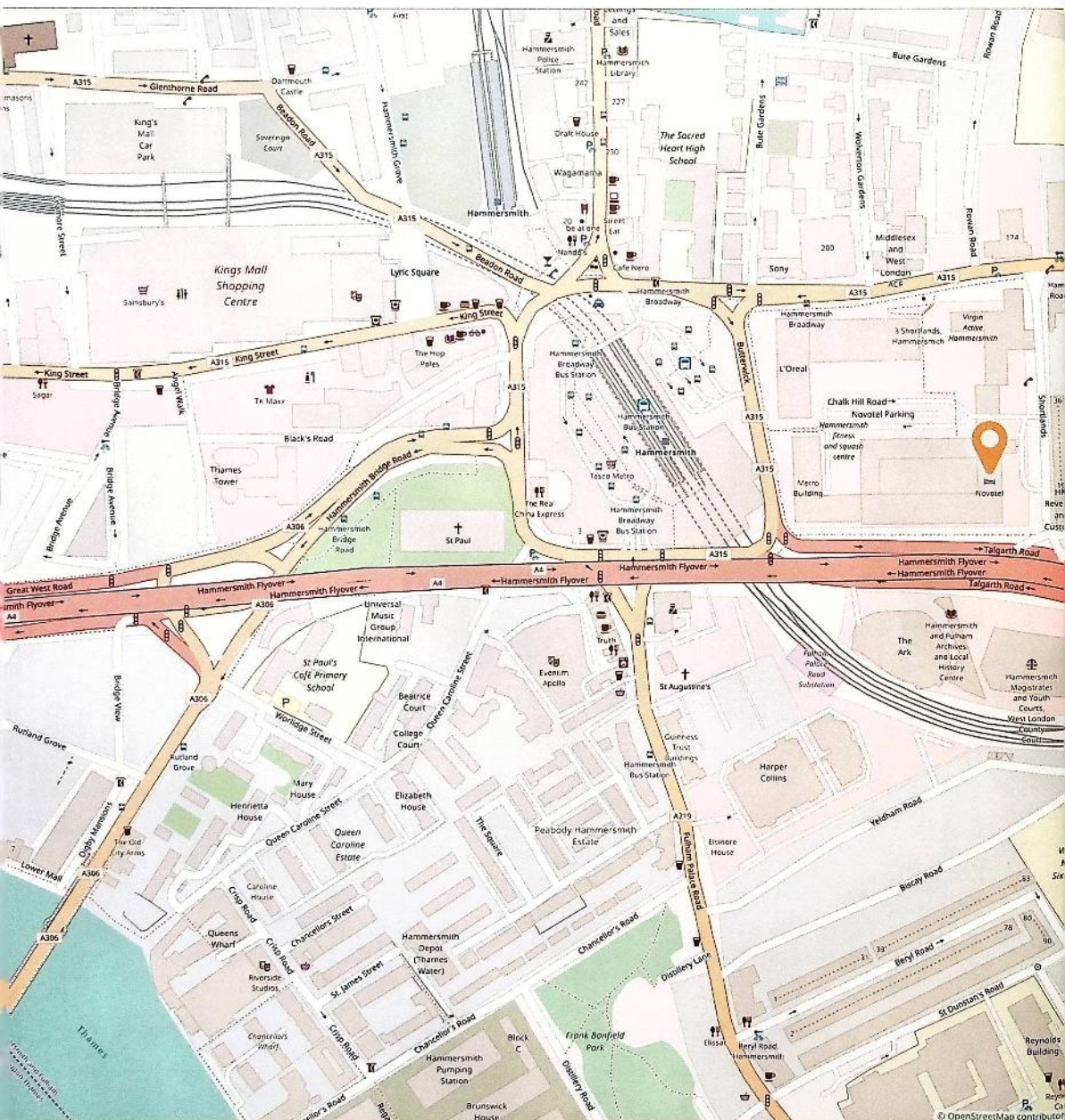


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